

MOVEMENT & MINDFULNESS

Our Movement & Mindfulness program incorporates **yoga-inspired movements, breathing, meditation and relaxation techniques** designed to meet the wellbeing needs of students of all ages and abilities.

Topics include: **Gratitude, Kindness & Service, Positive Mindset, Power of Thoughts and Self-love.**

Watch the benefits unfold as we strengthen all facets of a student's mind, body and soul:

- Increased strength, flexibility, balance, coordination and mobility
- Improved confidence, self-esteem & positive self-image
- Emotional resilience & self-monitoring
- Managing stress & social pressures effectively
- Concentration, focus & mental clarity
- And so much more...

OUR PROGRAMS:

- ✓ Meet The Early Years Learning Framework, Australian Curriculum and SACE requirements
- ✓ Suitable for all ages and learning abilities
- ✓ Completely tailored to suit your school, centre and students' needs and interests
- ✓ Fresh, current, dynamic and FUN!

OUR INSTRUCTORS:

- ✓ Hold Police Clearance and Screening Checks (State, Independent & Catholic)
- ✓ First-Aid trained
- ✓ Qualified in Teaching and/ or discipline-specific trained
- ✓ Extensive teaching experience locally and overseas
- ✓ Energetic, fun and passionate about education and personal development



GROUND FORCE
IN-SCHOOL PROGRAMS

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Contact us for a
FREE TRIAL!
New Schools & Centres