

Amrita School of Yoga is pleased to offer a specific programme for school pupils

We are a collective of London based qualified yoga teachers specialising in various types of yoga.

Amrita School of Yoga was founded in 2007 and is endorsed by the Independent Yoga Network (an eclectic mix of independent Yoga Elders and teachers, committed to further the integration of yoga into mainstream education and society).

We offer regular drop in classes, workshops, yoga teacher training, classes for disabled groups and school pupils in Lambeth and Southwark.

We are currently extending our outreach work into schools across London.

Our mission is to integrate yoga more thoroughly into the mainstream educational system. Our vision is to make yoga available in schools so that students develop body-mind awareness and the ability to nurture their own well-being.

Yoga has been shown to increase well being, reduce stress and improve the link between the thinking mind and functioning body.

Yoga Shows Psychological Benefits for High-School Students Apr. 4, 2012 — Yoga classes have positive psychological effects for high-school students, according to a pilot study in the April Journal of Developmental & Behavioral Paediatrics, the official journal of the Society for Developmental and Behavioral Paediatrics. (US)

Other benefits include:

Relaxation	Breath awareness	Improvement of
Concentration	Suppleness and flexibility	behaviour
Building strength	Prevention from injury	Improved posture
Stress management		

If you would like to discuss a taster session with us or extended courses for cumulative learning please contact us. Our fees are based on a sliding scale to suit your budget and taster sessions are deductible against block bookings.