



Yoga & Mindfulness for Exam Stress.

Free Workshop on Wednesday 5th April for GCSE, A level & College students

Join me at West Stow Country Park to learn tools & techniques to prepare you for exam success and keep anxiety firmly at bay.

This workshop is for all Year 6 children taking SATS. The workshop will cover:

- What is anxiety?
- Breath as our Superpower
- Breath awareness
- Breathing techniques – e.g., feather breath, balloon breath
- Calming Yoga Poses
- Affirmations - positive phrases that help to change the way we think
- Guided visualisation

Further info:

- 90 minutes.
- Yoga mats supplied
- Meet at the visitor centre (parking charges apply)
- Suitable for year 6 pupils

Please note:

*Parents/Guardians will need to register in advance and sign a disclaimer for themselves and on behalf of any under 18s that are attending. We will need names, addresses & ages of participants.

Participants should bring:

- A drink
- A warm jumper or fleece (just in case)

Dates: Wednesday 5th April

Times: 11am – 12:30pm

Tickets: Free of charge

Booking: Registration required - visit the [Jordanna Offers Yoga](#) website to register

Venue: West Stow Country Park, Icklingham Road, West Stow, IP28 6HG

This workshop is being delivered as part 'Healing Waters: Breathe in the Brecks', part of the Brecks Fen Edge and Rivers Landscape Partnership Scheme (BFER).

'Healing Waters' is a programme of projects providing opportunities for communities to reconnect to the landscape and heritage through a programme of healthy outdoor activities.