

YogaWisdom



My name is Sheila Wisdom,

I'm a south London based yoga therapist for children with Neurodiversity.

I am so excited to be sharing a few simple techniques which you can practice on yourself and with your child.

Yoga Therapy is not a quick fix or a magic wand but a tool which may help you deal with real life events.

No previous experience of yoga is required.

Kundalini Yoga Teacher - Yoga Therapist for Children with Neurodiversity
Children's Yoga Teacher - Yoga for Elders Teacher

www.yogawisdom.co.uk

What to expect

Over four weekly, 1hr sessions our main focus will be tools to help deal with anxiety. Irrespective if it is you or a loved one with Neurodiversity in these uncertain times, anxiety for us all, is at an all time high. Please note, the more feedback regarding these sessions the better, as they can be tailored to meet your needs.

To get the most from these sessions please try to find yourself a quiet space for an hour. Please wear loose comfortable clothing and avoid eating a heavy meal 2 hrs before the start of class. Please have some water nearby to sip on during the session.

For our fourth and final week, we plan to hold an extra **fun family chillout evening session**. Each family will be asked to build a den in their lounge (or other quiet space of your choice). This den will be covered (with a blanket or sheet), have cushions/pillows and enough space inside to move around. This den, could be for just your child or for you both to share. If building a den isn't possible just a few cushions on the ground will be fine.

Peace & Joy

Sheila

16 th June	23 rd June	30 th June	7 th July	9 th July
12-1pm	12-1pm	12-1pm	12-1pm	7.20 – 8pm
5-10 min intro, 45mins practical, 5mins feedback	5mins settle in, 45mins practical, 10mins feedback	5mins settle in, 45mins practical, 10mins feedback	5mins settle in, 45mins practical, 10mins feedback	10mins settle in. 7.30pm start movement with a story
Seated on a Chair	On a mat	On a mat	On a mat	Inside the ready built Den

To book a class please contact Sue Stocks on 07929031591 (please leave a message/text) OR email at info@lewishamparentcarer.org.uk



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