

On Tuesday 7th March, Bridgewater children experienced 'Yoga and Mindfulness' sessions. This links with our PSHE curriculum by teaching the children how to keep our minds and bodies healthy. The children were taught that Yoga originated from India. The Yoga instructor, taught the children different techniques that could be used in school and in class, including: experimenting with different body postures, as well as controlled breathing such as five finger breathes and star breathes to help eliminate any negative feelings.

