TIPPERARY WELLNESS
QIGONG & YOGA

tipperarywellness.ie

FOR PRIMARY SCHOOLS · SPECIAL CLASSES · ASD UNITS

Calm, movement and focus for primary classrooms

Playful yoga, calm-down breathing and gentle Qi Gong that help children move, settle and focus. Sessions are led by a qualified teacher who has worked in an autism unit and knows how a classroom runs. No preparation is needed from staff.

SESSIONS

KIDS YOGA

Kids Yoga

Story- and game-based yoga, active and fun, ending in a few minutes of relaxation. Junior infants to 6th class.

Hall or cleared classroom · PE gear

QI GONG

Qi Gong in the classroom

Standing movement beside the desks, with no hall needed. Good after break, before tests, or on a wet day.

Any classroom · No floor work · Uniform is fine

FOR TEACHERS

Brain breaks

Short breathing and movement routines that Kimberly teaches the class and leaves with the teacher, to use any day.

At the desk · 5–15 minutes

SPECIAL CLASSES & ASD UNITS

Small, predictable and sensory-aware

Kimberly worked as an SNA in the autism unit at Loughmore N.S. Sessions for special classes are smaller and calmer, with every child free to take part in their own way. Also available for post-primary special classes.

Structure

The same shape every week, with visual cues, so children know what's coming next.

Pacing

Quieter and unhurried, with movements adapted for each child and no pressure to join in.

SUPPORTS WHAT YOU ALREADY DELIVER

SPHE · Wellbeing · Active School Flag · Physical activity · Self-regulation

HOW TO BOOK

01 Taster
A single session for a class to try it out.

02 Block
4–6 weekly sessions per class or year group.

03 Wellbeing day
Rotating sessions across the whole school.

04 Ongoing
Regular weekly sessions for a special class.

THE PRACTICAL DETAILS

AGES	Junior infants to 6th class; special classes at primary and post-primary
SPACE	Classroom (Qi Gong, brain breaks) · hall or cleared classroom (Kids Yoga)
EQUIPMENT	Kimberly brings yoga mats and anything else needed
GROUP SIZE	A full class; special classes smaller
LENGTH	Flexible, from 30 minutes to an hour or more
COST	Quoted to suit your school and the number of sessions. Ask for a quote, including for funding applications.
PAPERWORK	Invoice provided, paid by bank transfer.
SAFEGUARDING	Works within your school's Child Safeguarding Statement and procedures
INSURANCE	Fully insured

ABOUT KIMBERLY

A qualified teacher and certified Qi Gong and yoga instructor, based in Templemore. Kimberly has taught at secondary level, worked as an SNA in a primary-school autism unit, and runs sessions for Age Action Ireland and the Alzheimer Society.

BSc (Education) · Qi Gong · IHQGA · 250-hr Yoga · Rainbow Kids Yoga · Yin Yoga · Fully insured

GET IN TOUCH **Kimberly is happy to call in for a chat, or to run a taster first.**

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