TIPPERARY WELLNESS
QIGONG & YOGA

tipperarywellness.ie

FOR SECONDARY SCHOOLS · FE COLLEGES · YOUTHREACH

Wellbeing that teenagers will actually take part in

Yoga and Qi Gong for wellbeing, exam stress and Transition Year, planned around class periods by a qualified secondary teacher. Yoga in PE or the hall, or Qi Gong in the classroom, standing and in uniform, for groups who'd rather not.

SESSIONS

YOGA

Yoga in PE or the hall

Gentle or active yoga in a PE class or wellbeing slot, including Yin Yoga for stretching and recovery.

Hall or gym · Mats provided · PE gear

QI GONG

Qi Gong in the classroom

The alternative where yoga doesn't suit. Standing movement and breathing in a normal class period, for exam stress, focus, and settling a lively group.

Any classroom · No floor work · Uniform is fine

EXAM SEASON

Calm for the exam hall

Breathing and calming techniques Junior and Leaving Cert students can use in the exam hall, without anyone noticing.

Any classroom · 1–2 sessions

WHEN YOGA'S A HARDER SELL

Qi Gong gets around the usual reasons for sitting out

"They're self-conscious"
Standing, in uniform. Nothing to change into, and no one on show.

"We've no hall free"
Done between the desks. No furniture to move.

"There's no time to change"
One class period. In, take part, and on to the next lesson calmer.

FITS WHAT YOU ALREADY DELIVER

Junior Cycle Wellbeing · SPHE · PE · Transition Year · Staff wellbeing · FE colleges & Youthreach

HOW TO BOOK

01 Taster
One session for a class or year group.

02 Block
4–8 weekly sessions, one class period each.

03 TY module
A planned 6–8 week programme.

04 Event day
Rotating sessions for a wellbeing week.

THE PRACTICAL DETAILS

SPACE	Classroom (Qi Gong) · hall or gym (yoga)
EQUIPMENT	Kimberly brings yoga mats and anything else needed
GROUP SIZE	A full class; smaller for special classes
LENGTH	Flexible, from 30 minutes to an hour or more; usually one class period
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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MORE ONLINE
tipperarywellness.ie/secondary/

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