



WELLBEING FOR SCHOOLS

INTRODUCING YOGA, MEDITATION, MINDFULNESS AND BREATHING EXERCISES WITHIN SCHOOL IS A GREAT METHOD TO HELP REDUCE STRESS IN BOTH STUDENTS AND STAFF.

Mandala Living recently worked with the Broderwick Gillawarna School to create a range of bolsters, meditation cushions, eye pillows and hand weights to be used by their students and staff.

Trauma-Sensitive Restorative Yoga (TSRY) is a practice being used at Broderick Gillawarna School to help students develop their interoceptive sense that supports the growth of self-regulation. TSRY creates an environment built on feelings of safety, security and balance by eliciting a relaxation response.

The use of TSRY has proved extremely successful in supporting the staff and students to regain a sense of comfort in their bodies, counteract ruminating thoughts, and increase self-regulation.

In TSRY sessions, students are invited to participate by moving their bodies into a variety of resting yoga shapes such as Child's Pose and Resting Pose with props used to support their variety of needs and disabilities and allow for increased participation.

“

Testimonial

We would like to thank our supplier Tara from Mandala Living for her ongoing support of this initiative by providing Broderick Gillawarna School with lavish restorative props to support weekly sessions. These props are successfully

assisting participants to achieve the deepest level of rest and engagement. Pictured below are staff in their weekly afternoon TSRY session using Mandala Living props.

- Broderick Gillawarna School, Revesby

”

We would love to hear from you! Please feel free to contact us about our products and programs!

www.mandalaliving.com.au