TENEO
SA'S NO.1 ONLINE SCHOOL

PLAYOGACADEMY
WELLBEING FOR THE NEXT GENERATION

PlaYogaTherapy

Ages 12 - 18

A unique blend of **playful movement, yoga, and sensory regulation** designed to support children and teens in developing emotional resilience, focus, and well-being.



About

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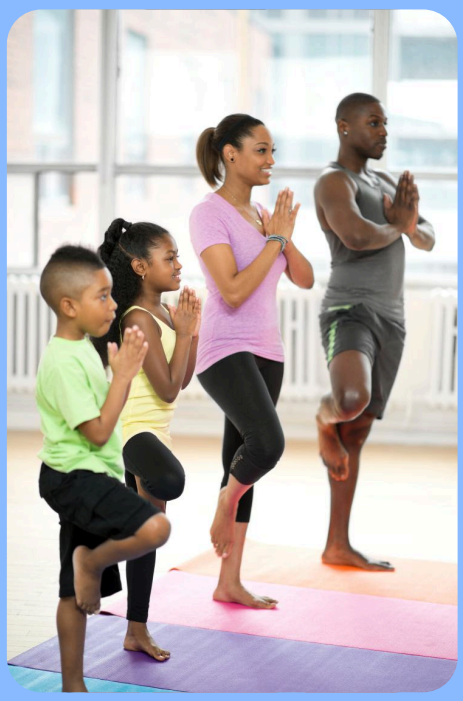
Why is it perfect for Teneo students?

Online learning can be mentally demanding and physically sedentary. PlaYogaTherapy helps balance screen time with movement, breathwork, and mindfulness, improving focus, posture, and emotional regulation.

What skills will students develop?

- Emotional regulation & stress management
- Improved concentration & cognitive function
- Posture & body awareness (important for screen-based learning)
- Self-confidence & resilience
- Sensory integration & nervous system regulation

This program is especially beneficial for neurodiverse learners and students managing emotional, mental and physical life challenges—empowering them with practical tools for success in both academics and life.



Location

Online

Duration

Start of term

12 Weeks: 1 hour Yoga classes once a week

Monday / Wednesday / Friday

Cost: (15% VAT Included)

Yoga once a week for 12 weeks: R1380.00 per child upfront payment for the term.
Yoga once a week for 12 weeks monthly up front payment R500.00 per month
Once a week Yoga Class and once a week morning Mindfulness and Meditation Class: R1 850.00 per child.
Once a week Yoga Class and once a week morning Mindfulness and Meditation Class: per Month R600.00 per month.

Payment terms:
Upfront payments for either the term or the month

Yoga & Mindfulness Classes

Key Benefits of Yoga:
Yoga is a powerful tool for improving physical health, emotional balance, and mental clarity. This class provides teenagers with a structured way to move, stretch, and breathe mindfully, helping them navigate academic pressures, social challenges, and personal growth.

Key Benefits of Yoga:

- Enhances flexibility & posture – Counteracts long hours of screen time and studying.
- Builds strength & coordination – Supports physical fitness and body awareness.
- Reduces stress & anxiety – Through mindful movement and breathwork.
- Improves concentration & focus – Aiding academic performance.
- Promotes emotional regulation – Teaching self-awareness and coping mechanisms. Students reflect on their academic journey so far and outline key areas for improvement and focus.

What Students Will Learn:

- A variety of yoga postures (asanas) to build strength and flexibility.
- Breathing techniques (pranayama) to calm the nervous system.
- Relaxation and meditation techniques for stress relief.
- How to develop a personal practice for lifelong well-being and joy.

Mindfulness for Teens

Class Overview:
Mindfulness is the practice of being present in the moment with awareness and without judgment. Practicing mindfulness once a week can help students develop resilience, emotional intelligence, and the ability to handle daily challenges with calm and clarity.

Key Benefits of Mindfulness:

- Improves focus & memory – Helps students stay present in class and retain information.
- Reduces stress & anxiety – Encourages emotional balance and well-being.
- Enhances emotional regulation – Teaches skills to navigate difficult emotions.
- Boosts self-awareness & confidence – Encourages positive self-perception. Encourages better sleep & relaxation – Supports overall health.

What Students Will Gain from Weekly Practice:

- Mindful breathing techniques to stay calm in stressful situations.
- Guided meditation practices for relaxation and focus.
- Tools for self-reflection to build emotional intelligence.
- Practical exercises to integrate heart-full-ness and joy into daily life.

By incorporating Yoga and Mindfulness into their routine, students at Teneo School can develop a holistic approach to learning, self-care, and emotional well-being.



Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now

Individual Yoga Therapy Sessions for Children with Challenges

Supporting Neurodiverse Children & Those with Anxiety Through Movement & Mindfulness
Every child is unique, and some need **personalized support** to thrive. Our **one-on-one Yoga Therapy sessions** are designed to help children with n**eurodiverse needs, anxiety, or other challenges** develop emotional resilience, self-regulation, and body awareness in a **safe, nurturing environment.**

We Use the Following Modalities:

- Biodynamic Movement Therapy – Encouraging natural, rhythmic movement to support nervous system regulation.
- Play Therapy – Using creative play to help children process emotions and build self-confidence.
- Occupational Therapy Techniques – Supporting sensory integration, fine & gross motor skills, and daily functioning.
- Yoga Therapy – Integrating movement, breathwork, and mindfulness for self-regulation and emotional balance.

How This Benefits Children:
For Neurodiverse Children (ADHD, Autism, SPD, etc.):

- Enhances body awareness and motor coordination.
- Provides sensory regulation for a calmer nervous system.
- Builds focus and concentration through mindful movement.
- Encourages self-expression and confidence.

For Children with Anxiety or Emotional Challenges:

- Teaches self-soothing techniques to manage stress.
- Helps release built-up tension in the body.
- Strengthens coping skills for emotional resilience.
- Creates a safe space for self-regulation and relaxation.

What Happens in a Session?

- Customized movement practices tro support strength and flexibility.
- Breathing techniques to regulate emotions and promote calmness.
- Mindfulness & relaxation exercises to develop inner awareness.
- Sensory-based activities for nervous system balance.

Every child deserves the tools to navigate the world with confidence, ease, and joy.

Student Responsibilities:

Have a calm stress free and quiet room to practice
Bring a yoga mat and wear clothes that are easy and comfortable to move in
Have a strong connection to Wi-Fi

Social Media Handles

Instagram: @yoga4kidssa
LinkedIn: Suzanne Manson

Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now