

Dear Head/Principal

I believe that my teenager would benefit from yoga and therefore would ask you to consider enlisting Yo Yoga Soul to provide a series of classes, which are specifically designed for teenagers.

The sessions are run by Tristessa Moore, who feels very passionately that yoga can provide key support as young people journey through adolescence.

More specifically yoga can help with stress and anxiety management, improving self-regulation and self-efficacy and building physical and mental strength and flexibility.

Research has shown that practicing yoga improves learning, academic achievement and emotional literacy in teenagers and would therefore be of great benefit, as well as to other students, and the school as a whole.

Tristessa is a qualified yoga teacher, with a specialist qualification in educating yoga to adolescents. She has a current DBS check and first aid qualification and is fully insured. She is also a KS4/5 tutor and has extensive experience in educating young people.

Tristessa is available to explain the many benefits of yoga for teenagers, including sharing research on yoga's impact on achievement at school, potential funding opportunities (for example from Sportivate) to cover costs of lessons and the opportunities for yoga to be offered from a whole school perspective.

To contact Tristessa call: 07758519567 or email: [tristessa@hotmail.co.uk](mailto:tristessa@hotmail.co.uk)

More information can be found at: [www.yoyogasoul.co.uk](http://www.yoyogasoul.co.uk)

Kind regards