



INSTILL CONFERENCE SUN 24/11/19
CHILDREN'S YOGA FOUNDATION

9.30-10am	Welcome and introductions - Charlotta & Children's Yoga Foundation
10-10.30am	Key Note speaker - Masters Research on Pre-School Yoga
10.30-11am	Key note speaker - Masters Research on KS1 & KS2 Yoga & Special Needs.
11-11.30am	Break
11.30-12.30am	WORKSHOPS:
	Beth Peak - Empowering
	Siri Arti - Mantra Movement
	Bryony Duckitt - The Eight limbs of Yoga
	Lisa Greenough - Practical SEN ideas
12.30-1.30pm	Lunch
1.30-2.30pm	WORKSHOPS:
	Vicky Thomas-Clarke & Sam Bernice - Yoga in schools & teaching a whole class
	Nicole Zimbler - Yoga for Autism or Reflexes
	Trish Maddalena – Mental Health
	Ayala Homossony – The creative mind
2.30-3pm	Ofsted KEY SPEAKER
3-4 pm	Speakers
4- 5pm	ACTION GROUPS / wrap up