

WHY PARTNER WITH THE GET CO.?

Because you don't need another generic wellbeing program—you need something that works.

At The GET Co., we deliver evidence-informed yoga therapy designed specifically for schools. Our programs are led by a **certified children's yoga teacher with advanced training in children's yoga therapy**, with lived experience supporting neurodivergent children in complex educational settings. We understand the challenges—and we're here to offer real, practical solutions.

This isn't stretching in the gym or a mindfulness session tacked onto the end of the day. It's a **trauma-aware, developmentally aligned** approach grounded in **movement science, meridian-based therapy, and psychological safety**. Each session blends purposeful movement, breathwork, emotional literacy, and nervous system education to help students regulate, connect, and thrive—especially those with **anxiety, ADHD, autism, trauma, or sensory processing needs**.

Our programs are:

- **Built for schools:** supporting learning engagement, behaviour, and emotional wellbeing.
- **Inclusive and adaptable:** tailored for neurodivergent needs, transitions, year levels, and school values.
- **Flexible in delivery:** from whole-class wellbeing to small-group therapy, or custom content aligned with ILP, PBS, or SEL goals.
- **Led by a qualified specialist:** trained in internationally respected Yoga Therapy methods and aligned with current research in developmental psychology and neurobiology.

We help your students thrive—and support your staff to get back to what they do best: teaching.

Partner with The GET Co. because calm, confident, and connected learners don't just happen—they're built.

CONTACT US

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We'd love to hear from you!

contact us to discuss how we can support your students and staff



HELPING STUDENTS THRIVE



**BUILDING CALM, CONFIDENT, AND CONNECTED
LEARNERS FROM THE INSIDE OUT**

WHY YOGA THERAPY IN PRIMARY SCHOOL SETTINGS?

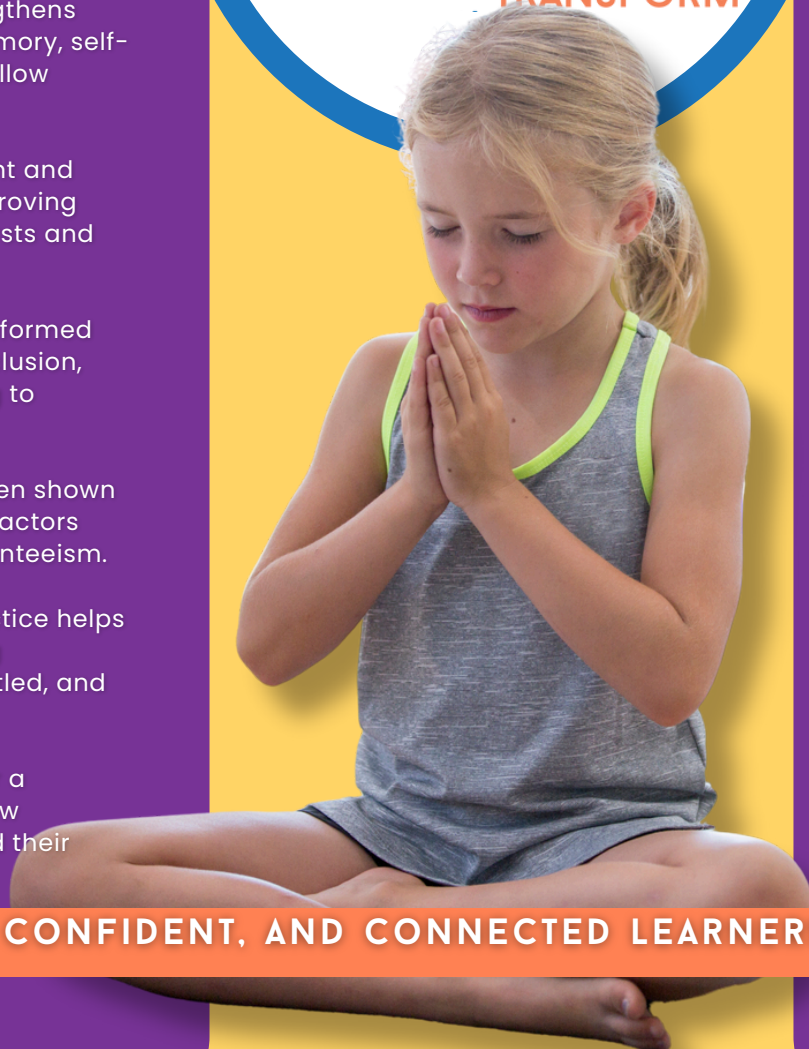
Because today's classrooms are more complex than ever.

Schools are grappling with rising anxiety, emotional dysregulation, behavioural challenges, bullying, and student disengagement.

Yoga offers a practical, evidence-informed way to address these challenges—while boosting focus, confidence, and classroom calm.

- **Improves learning readiness:** Yoga strengthens executive function (attention, working memory, self-control), helping students stay focused, follow instructions, and engage in learning.
- **Reduces disruptive behaviours:** Movement and breathwork calm the nervous system, improving emotional regulation and reducing outbursts and aggression.
- **Builds social-emotional skills:** Trauma-informed group-based sessions foster empathy, inclusion, and respectful peer relationships—helping to prevent bullying and social conflict.
- **Supports student wellbeing:** Yoga has been shown to reduce anxiety, stress, and low mood—factors linked to school disengagement and absenteeism.
- **Creates calmer classrooms:** Regular practice helps shift school culture—supporting a learning environment where students feel safe, settled, and ready to learn.

Whether used as a universal wellbeing tool or a targeted intervention, Yoga can transform how children relate to themselves, their peers, and their learning.



BACKED BY RESEARCH:

Research shows that school-based yoga programs don't just help individual students—they transform peer dynamics.

- **A Powerful Tool for Preventing Bullying** – A pilot study found that integrating yoga into school curricula reduced bullying and significantly increased empathy, inclusion, and prosocial behaviour among students. (*Berger & Lahad, 2010*)
- **Improves academic focus and learning outcomes** by boosting attention, memory, and self-regulation (*Diamond, 2015*)
- **Reduces behavioural incidents** like aggression, disruption, and emotional outbursts (*Khalsa & Butzer, 2016*)
- **Supports self-regulation and resilience**, helping students manage stress, anxiety, and big emotions (*Hagen & Nayar, 2014*)
- **Strengthens peer relationships**, inclusion, and empathy—key to reducing bullying (*Berger & Lahad, 2010*)
- **Increases school connection** and belonging, helping reduce disengagement and absenteeism

BUILDING CALM, CONFIDENT, AND CONNECTED LEARNERS FROM THE INSIDE OUT.