

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 designed specifically for schools. Our programs are led by a **certified children's yoga teacher with advanced training in Yoga Therapy for children**, 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



**RECLAIM THE
CLASSROOM.
REIGNITE
LEARNING.
RESTORE
BALANCE.**

Building calm,
confident, and
connected
learners from
the inside out



**EMPOWERING KIDS TO GROW AND TRANSFORM
INTO THE BEST VERSION OF THEMSELVES**

THE PROBLEM ISN'T JUST BEHAVIOUR—IT'S A SYSTEM UNDER STRAIN

Across Australia, schools are reaching a crisis point. Students are disengaged, overwhelmed, and acting out—and teachers are paying the price.

Behaviour management is now consuming more classroom time than teaching itself. Educators report feeling like crowd controllers, not facilitators of learning. Suspension rates are up. Staff retention is down. And wellbeing teams are stretched to their limits trying to contain the fallout of unmet emotional, sensory, and psychological needs.

STUDENTS AREN'T JUST ACTING OUT—THEY'RE DYSREGULATED

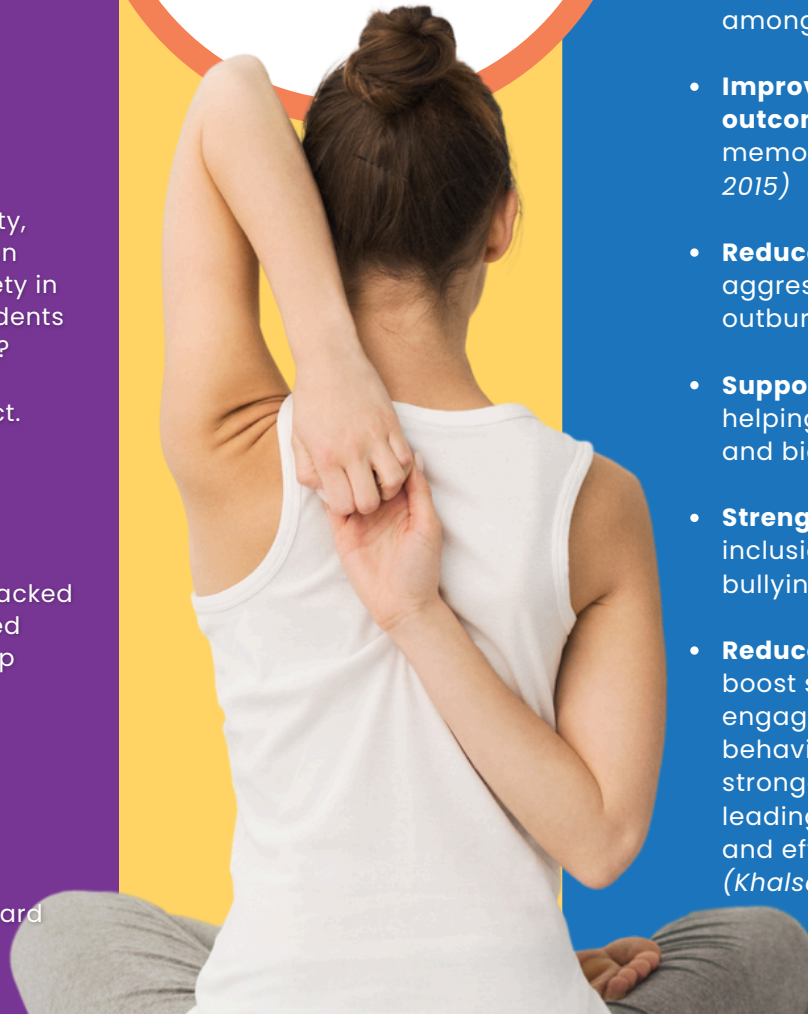
Today's adolescents are navigating a minefield of stressors: academic pressure, social media comparison, family instability, trauma, and neurodivergence. What looks like defiance is often nervous system overload. What feels like apathy is often anxiety in disguise. Without tools for self-awareness and regulation, students default to survival mode—fight, flight, or shut down. The result? Classrooms become battlegrounds, and relationships suffer. Traditional discipline approaches only escalate the disconnect.

YOGA THERAPY: A PROVEN, PRACTICAL CIRCUIT-BREAKER

Yoga therapy isn't just about stretching—it's about rewiring. Backed by neuroscience and trauma-informed practice, our structured sessions use movement, breathwork, and mindset tools to help teens down-regulate stress, re-engage their brain-body connection, and build emotional intelligence.

Programs like ours have been shown to improve behaviour, attendance, and academic outcomes while restoring calm, connection, and confidence to the classroom.

For schools ready to move beyond reactive management toward long-term transformation—this is the reset.



BACKED BY RESEARCH:

Research shows that school-based yoga programs don't just help individual students—they transform peer and educator 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*)
- **Reduce student and teacher stress**, boost student confidence and engagement, improve classroom behaviour management, and foster stronger student-teacher relationships, leading to a more positive, connected, and effective learning environment (*Khalsa, 2012; Butzer, 2015 & Felter, 2016*).

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