

Sunflowers offers emotional support to children from the ages of 5-18. Supporting them through Yoga Therapy, Yoga Classes, Talking Therapy, Short Courses and Mindfulness. We are a Community Interest Company (C.I.C) and are excited to offer both individual and group sessions.



About Me:

As a child Therapist, with over 12 years' experience working within the NHS, I have dedicated much of my working life to the children and families of Wirral. I am qualified in Person Centered Counselling, Systemic Family Practice (Intermediate), Theraplay (Level one), Mindfulness, Children's Yoga and Yoga Therapy. I love being outdoors, in the sea, on my paddleboard and walking.

I developed the idea of Sunflowers following my own personal journey through Breast Cancer. During treatment I benefited greatly from the emotional, physical and wholistic benefits of Yoga. As an adult cancer patient, I was supported by lots of wonderful local charity's and on my return to work, I noted several children, whose parent or relative where being treated for cancer, looking for therapeutic support. Having researched the local offer for these children I couldn't find any local services dedicated to them. I remain dedicated to helping as many children as I am qualified to do so.

Sunflowers Childrens Yoga Therapy C.I.C offers Talking Therapy, Yoga classes and Yoga Therapy to all children aged 5-18, with a specialist interest in children of cancer patients. We offer individual and group sessions, as well as classes, short courses, Mental Health support and Mindfulness.

Call me now

Available Therapies

Yoga Therapy

What are the benefits?

Combining movement, breathing and mindfulness - helping children feel:

What to expect

A group or individual session based on the principles of Yoga Therapy, with an emphasis on emotional and physical ability, using Breathing,

movement and choice. Yoga Therapy can look

- Calm
- Develop Motor Skills
- Balance & Co-ordination
- Confident
- Creating a calm, quiet space for a sense of emotional well-being
- Develops a sense of independence and mastery through choice of practice

movement, and choice. Yoga therapy can look different each session depending on the child or group. Each session will include a grounding exercise, movement, breathwork, relaxation and reflection (when appropriate). The emphasis in these sessions is choice, allowing the child to be in control of their own recovery.

Yoga

What are the benefits?

Combining movement, breathing and mindfulness - helping children feel:

- Breathing exercises identify and address anxiety and help develop emotional self-regulation
- Builds emotional resilience
- Deep breathing soothes nervous system
- Creates a mental map of the body, developing spatial awareness and sense of own body
- Guided visualisation helps to develop imagination and creativity
- Mindfulness relieves anxiety and encourages focus and concentration

What to expect

A prepared session, based on the principles of yoga, adapted to suit a child's developing body, from a qualified Children's Yoga Teacher. All classes include a warm up, yoga practice and Yoga Nidra (relaxation). The Yoga practice will vary weekly but will always have an emphasis on calming mastery.

Group Classes are usually limited to between 6- 8 children per class, to allow sufficient time and space for children to share their experiences, should they wish. Considering physical development, Classes are determined by age: being 5-8, 9-12 & 13+. Children's individual needs will be taken into account and should your child be better suited in a different age class, this can be agreed.

Talking Therapies

What are the benefits?

Talking Therapy allows the child to explore and express their emotions, to process past experiences, build resilience and self-confidence. In a safe and confidential environment. All sessions are child centered and personalized to the individual's needs.

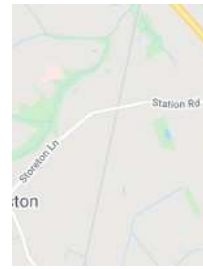
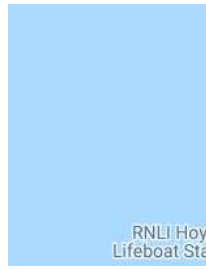
What to expect

All children will be offered a safe and confidential space to explore their emotions, feelings, behaviors, experiences and thought patterns. Session will last up to 1 hour (depending on age and cognitive ability) and are usually weekly.

Available Classes

Monday Evenings

Monday Evenings



Get in touch.

 Phone: [07734 431727](tel:07734431727)

 Email: shelly@sunfloweryoga.co.uk



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