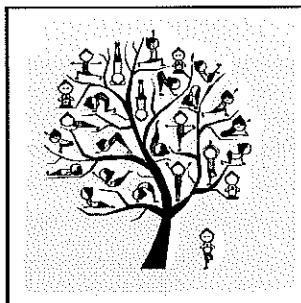


BEANY



YOGA

Now open to
Reception children

yoga for children

Fun, creative yoga classes for Y1 and Y2. Designed to maintain the inherent yoga abilities children have within them. To familiarise them with the world of emotions and how to deal with them and give them simple tools to manage things like anxiety. The classes combine yoga and mindfulness, fun breathing exercises and simple meditations with partner work, games or stories; to bring the many benefits of yoga to children in a non-competitive environment. The sessions will help your child's confidence, self-awareness, co-ordination and concentration, maintain their creativity, strengthen their physical abilities and increases their flexibility. We finish each class with a creative guided relaxation, so they feel revived and refreshed.

Monday Lunch Club 12:30pm - 1pm
Course runs from 29th April - 8th July 2019

Cost £40.50 9 weeks (£4.50 per class)

Limited to 16 children on first come basis,
email to reserve a place before paying

Contact Soraya Allison 07789 536795 e. soraya@sorayayoga.co.uk www.sorayayoga.co.uk

Payment by BACS Sorayayoga 09-06-66 43280964 ref childs name

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BEANY YOGA AT VICTORIA SCHOOL

Return slip: email

Childs Name.....

Class.....

Contact number/email.....