



Visions Children's Centre
Catmos Street
Oakham
Rutland
LE15 6HW
Tel: 01572 758383
Email: visions@rutland.gov.uk
Web: www.visionsccc.co.uk

Parent and Child Yoga at Visions Oakham

Every Monday – 15.00 – 16.00 hrs

4 week course - 24th Sep - 15th Oct 18 incl

Leave your busy schedule behind to love, share and laugh together as a family. Using your bodies, voices, music, games and creativity you will learn massage, breathing techniques, yoga postures and relaxation which will connect your family. This is a wonderful introduction to yoga for both you and your children with numerous benefits.

For parents and children from 2 to 5 Years

**All Parents and Carers are welcome,
places are limited to 8 families on each session
(1 family = 1 adult + 1 child)
so booking is recommended via
email: visions@Rutland.gov.uk**