



New Year and New Term of Bright Kids Yoga and Mindfulness for pupils in years 1 to 6 From 17th January to 4th April each Thursday morning from 7:45 - 8:50am.

If we get sufficient interest from pupils in years 4 - 6 - a different session will run to cater for them as we tackle more challenging poses and focus more on mindfulness.

The fantastic, positive effects of Yoga and Mindfulness practice in schools in the UK have been well documented and reported on in recent months. The best thing is that Yoga for children is not only beneficial, it is fun and pretty cool!

Places are very limited and early booking is essential.

In the classes we will introduce the basic yoga teachings and concepts of mind and body discipline with children learning individual basic and then, more complex poses as well as group and partner poses. Using 'yoga games,' children will be encouraged to work as a team with an emphasis on inclusion and not competition. Each class will end with a short period of mindfulness and meditation preparing the children for the school day. All this to build discipline, confidence, concentration, physical strength and most of all be an hour of FUN! Suitable for both boys and girls.

It is £45 for the 11 week course, with discounts available for siblings.

To book please contact Charlotte on 07891280807 or e mail info@babybondclasses.co.uk Booking forms are available from the Main Office.

