



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 the Col Noel Suite, Oakham Museum

Every Wednesday – 14.30 – 15.30 hrs

6 week course - 9th January - 13th February 19

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 6mths 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**