



relax Kids  
with Charlotte  
teaching children to shine



# little stars

ages 3-5

**Helps with:**



hyperactivity  
anxiety  
tantrums  
sleeping problems



**Each class includes:**

dance and movement  
singing  
relaxation games  
stretches  
gentle peer massage  
breathing exercises  
positive self talk  
story visualisation

**Classes start 26/02/19**  
**Tuesdays 4-4.45pm**  
**£36 per child for 6**  
**weeks**  
**Suitable for 3-5 year**  
**olds**

**For more information:**

**Contact Charlotte for more info or to book  
your child's place**

**07933 574264**

**relaxkidscharlotte@gmail.com**

**www.facebook.com/relaxkidswithcharlotte**

