

relax Kids

with Charlotte

Creating calm,
confident kids

Evening and Weekend classes in St Albans!

movement • games •
stretching • massage •
breathing techniques •
positive affirmations •
story visualisations •



Relax Kids classes help:

- Improve concentration and memory retention
- Improve self-confidence and self-esteem
- Build resilience
- Improve sleep
- Stress and anxiety management



For 5-11 year olds

Thursdays 5.30-6.30pm

Fleetville Community Centre

Saturdays 9.30-10.30am

Wheatfields Infant and Nursery
School

£48 for 6 weeks

Starts w/b 25/02/19

relaxkidscharlotte@gmail.com 07933 574264

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX