

# BEANY



# YOGA

## yoga for older children

Cool, creative yoga classes for Key Stage 2, designed to help familiarise them with the world of emotions and how to deal with them. Giving them tools to manage anxiety, anger, fear, sadness etc. The classes combine yoga and mindfulness, breathing exercises and meditations along with simple understanding of anatomy and how our bodies change and adapt. There are many benefits of yoga to children of this age group as they navigate their way from being a young child to a pre-teen. Maturing as they learn to have self responsibility, more awareness of the impact of their actions etc. We work together to understand concepts like these in a non-competitive environment. The sessions will help your child's confidence, self-awareness, co-ordination and concentration, maintain their creativity, strengthen their physical abilities and increases their flexibility. We finish each class with a guided relaxation, so they feel revived and refreshed

**Friday Lunch Club 12pm - 12:30pm**

**Course runs from 17th September - 3rd December 2021**

**Cost £49.50 for 11 weeks (£4.50 per class)**

The course is limited to 14 places.

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**TO BOOK EMAIL OR TXT, once I have confirmed your place payment can be sent via BACS**

**BACS to: SorayaYoga**

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