

BEANY



YOGA

yoga for children

Fun, creative yoga classes for Y1 & Y2 Designed to maintain the inherent yoga abilities children have within them. To familiarise them with the world of emotions and how to deal with them and give them simple tools to manage things like anxiety. The classes combine yoga and mindfulness, fun breathing exercises and simple meditations, games or stories; to bring the many benefits of yoga to children 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 creative guided relaxation, so they feel revived and refreshed.

Friday Lunch Club 12:30pm – 1pm
Course runs from 15th January - 12th March 2021

Cost £36 for 8 weeks (£4.50 per class)

The course is limited to 14 places.

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

BACS to: SorayaYoga

09-06-66

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