



YO! YOGA

A fun and innovative way of introducing yoga to children

- traditional yoga postures, fun stories and adventures, partner work and games
- physically challenging and mentally stimulating, improving flexibility and muscle tone
- breathing exercises and relaxation techniques, improving concentration levels
- develop creativity, confidence and self-expression
- improve balance, co-ordination and memory retention

Autumn Term 2020 (1st half term):

Monday 14th September - YEAR 6

3.15pm - 4.15pm

Autumn Term 2020 (2nd half term):

Monday 9th November - YEAR 5

3.30pm - 4.30pm

- please wear loose, comfortable clothing as we will not be changing into PE kits (leggings, track suit bottoms, t-shirts. Girls, please NO tights)

- please make your way to the music room

To book a place or for more information please contact:

Sheena 0773 009 3228 or sheena2910@hotmail.co.uk

Sending love and light to all