



# 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 (1<sup>st</sup> half term):

Tuesday 15<sup>th</sup> September - YEAR 2

3.30pm - 4.30pm

### Autumn Term 2020 (2nd half term):

Tuesday 3<sup>rd</sup> November - YEAR 4

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)

- YEAR 2 will be collected from their classrooms
- YEAR 4 please make your way to the sports hall

**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*