



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 2023/24 - years 2 and 3

Wednesday 13th September - Wednesday 6th December (12 weeks)

3.30pm - 4.30pm

Music Room

(children will be brought to the park gate for dismissal)

PLEASE NOTE: THERE ARE ONLY 16 PLACES AVAILABLE.

- please could children wear loose, comfortable clothing on the day (leggings, track suit bottoms, t-shirts. NO tights, skirts or dresses and long hair tied back)

To book a place or for more information please contact:

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Sending love and light