CHILDREN'S YOGA & MINDFULNESS

BY

Yogapeaches

Wednesday after school yoga club 3:15-4:25 with the yogi's of STM!

Our yoga classes are full of poses, songs, games, stories, mindful colouring, relaxation & more. Still your mind after a busy day and learn to manage emotions, improve concentration and maintain positive thoughts whilst keeping your body healthy too!

The cost per class is £7, including a healthy snack (£49 for the 7 week half term - Wednesday 10th September - Wednesday 22nd October). Please email yogapeaches@hotmail.com with your child's name and class by Friday 18th July to secure your place.

Available to children year 2-6. Only 4 more spaces available!

Warm wishes, Alex

www.yogapeaches.co.uk