CHILDREN'S YOGA & MINDFULNESS
BY

Yogapeaches

YOGAPEACHES WAS BORN FROM A PASSION TO CREATE CONFIDENT CHILDREN. AFTER HAVING MY OWN DAUGHTERS, I WANTED TO CREATE A SAFE SPACE FOR ALL CHILDREN TO BE FREE AND EXPRESS THEMSELVES WITHOUT COMPETITION OR JUDGEMENT. I ALSO WANTED TO FIND A WAY FOR CHILDREN TO BOOST RESILIENCE, AUTONOMY AND EMPATHY, ALL WHILST BUILDING THE FOUNDATIONS FOR A HEALTHY LIFESTYLE.

AFTER FOLLOWING MY OWN YOGA JOURNEY FOR THE PAST TEN YEARS, I KNEW IT WAS THE OUTLET CHILDREN NEEDED TO BRING CALM, CONFIDENCE & POSITIVITY WHEN THEY NEED IT MOST. YOGA HELPS CHILDREN TO STRENGTHEN MANY THINGS SUCH AS THEIR POSTURE, CONCENTRATION, PATIENCE AND EMPATHY. YOGA & MINDFULNESS ALSO ENCOURAGE CHILDREN TO UNDERSTAND ALL THE EMOTIONS THEY FEEL AND HOW TO MANAGE THEM.

YOGAPEACHES CLASSES ARE A TIME FOR CHILDREN TO EXPRESS THEMSELVES THROUGH YOGA POSES, BREATHING TECHNIQUES, MINDFULNESS & CALMING CRAFTS TO SUPPORT THEIR YOGA JOURNEY AND RELAX WITH A MINDFUL STORY OR SHORT GUIDED IMAGERY. YOGA IS A MAGICAL WAY TO START YOUR DAY OR TO WIND DOWN AFTER SCHOOL AND WE'RE PLEASED TO BE OFFEREING BOTH SESSIONS TO ST. THOMAS MORE SCHOOL IN THE NEW YEAR.

@YOGAPEACHES_
YOGAPEACHES@HOTMAIL.COM

CREATING CONFIDENT CHILDREN