

Thursday Morning Yoga Club

at Lydgate Junior School 7.45 - 8.30am

Offering a playful and sensitive approach to Yoga and mindfulness. My Yoga sessions will engage a child's creativity, imagination and build confidence in a non competitive environment. Yoga can give children the tools to feel good in their own skin and discover their individual shining qualities.

Benefits of yoga include:

- Improve physical strength, co-ordination and balance.
- Learn to calm the mind.
- Better concentration.
- A better understanding of emotions and how to deal with them.
- Instil a sense of self-worth and confidence.
- Develop creativity and imagination.
- Feel good in their own skin.



I believe that you are never too young to start practicing Yoga. All classes are age-appropriate, taught in a creative and fun way which children respond to and engage with. Classes will include playful games, fun activities and calming relaxation. Children will benefit even from their first class and will be keen to come back for more!



£4 per class (to be paid in full per term)
Places Limited.

**For information and to reserve a place
contact Colette on 07931 492161
or e-mail yogawithcolette@gmail.com**

Fully Insured and DBS Checked

