

Children Yoga aims to help children develop a sense of awareness of their body and emotions through exercise, sound, breathing, balance, games and story telling.

Yogamoo is delighted to offer a Children Yoga Club at Kenley Primary School from Y1 to Y6. The Club runs in sessions of 60mins over several weeks each term in groups of 12 children. Children wear their PE clothes and practice in a circle with their instructor.

Dates: 11 classes on 16th Sept, 23rd Sept, 30th Sept, 7th Oct, 14th Oct, 4th Nov, 11th Nov, 18th Nov, 25th Nov, 2nd Dec, 9th Dec (no class on 21st or 28th Oct half-term)

Time: Wednesdays 3.20pm to 4.20pm

Location: Hall, please collect from Side-gate at 4.20pm

Price: £82

Each Yoga Session Includes:

- Greetings and introduction of the session theme (seasonal)
- Short Breathing practice
- Warm-up Poses
- Standing up Dynamic Yoga sequence or Yoga Story
- Partner Yoga or Yoga game
- Closing Poses
- Relaxation

If you are interested in your child joining the club, please book now to start at the beginning of the term.

NOTE! NO BOOKINGS VIA THE SCHOOL OFFICE

Call 01737 911313 or Book Online
www.yogamoo.com/kenley

