KIDS YOGA

AT MONKEN HADLEY

AFTER SCHOOL CLUB ON MONDAYS

YEAR 1, YEAR 2 & YEAR 3

FROM 3:15PM - 4PM

7TH SEPTEMBER - 7TH DECEMBER*

£90 FOR 12 WEEKS

*NO CLASS 21ST SEPT

YOGA HAS SO MANY BENEFITS THAT CAN BE INCORPORATED INTO A CHILD'S DEVELOPMENT BY GIVING THEM TOOLS THAT WILL HELP THEM UNDERSTAND THE WORKINGS OF THEIR BODY AND MIND, THROUGH ASANA'S (POSTURES), BREATHING, VOICE WORK AND RELAXATION HELPING THEM TO BECOME MORE CONFIDENT AND FOCUSED.

MY APPROACH TO YOGA FOR CHILDREN IS TO ENCOURAGE IT AS A FORM OF PLAY, BY CREATING STORIES TO HELP GUIDE THE CHILDREN THROUGH THE POSES AND LETTING THEM USE THEIR IMAGINATION IN HOW TO ACCOMPLISH THEM.

BOOK VIA:

WWW.STRETCHINGPEOPLE.CO.UK

ANY QUESTIONS DON'T HESITATE TO GET IN TOUCH

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