

KIDS DO YOGA NOW!



“Yoga creates children who are bright lights in this world, increasing their self-awareness and strengthening their bodies” (Shakta Khalsa)

When	Every Friday 15.15-16:15 - Starting Friday 07 June, and finishing on Thursday 19 July (inclusive)
Where	School Hall
Year Group	Year 2 – Year 6
Price	£42 for a 7 week course

OWN YOGA MAT NEEDED!

Contact Lucy Watson on:
07789 263 346, or email
kidsdoyoganow@gmail.com

Allow your little ones to discover the practice of Yoga, every **Friday at 15:15** for improved health, focus, and wellbeing.

Yoga is a practice which is increasing in popularity because of the results it delivers, the “proof is in the pudding” as they say.

And it’s not just adults who can benefit from yoga. Yoga is physically challenging, improves flexibility and mobility, as well as rejuvenates and helps to focus the mind – *“a calm mind is not disturbed by the wave of thoughts”*.

This class is open to children new to yoga, as well as those with previous experience.

Having previously taught children’s classes, and currently running Family Yoga classes at Total Fitness Wilmslow, I am experienced in teaching children of all ages.

Once your child steps onto their mat, they will never look back