

# YOGA MORNING CLUB



Yoga promotes mental and physical wellbeing and, for children, it can help them to focus, stay calm and relax.

Classes will introduce Yoga in a fun way, with movement, music and games! Through themed yoga sequences and activities, which resonate with girls and boys of Junior School age, the sessions will look to strengthen balance and coordination, as well as encourage mindfulness.

Classes will start and end with relaxation and breathing exercises. The perfect start to the school day!



Open to all year groups

## WHEN

8 am - 8.40am  
Tuesday mornings  
12 weeks; Tuesday 16 April -  
Tuesday 9 July 2024  
(No class Tuesday 28 May for half term)

## WHERE

Heatherside Junior School  
In the school hall (please arrive  
at the back door)

\*breakfast not included

BOOK YOUR  
CHILD'S  
SPOT NOW!

Please email [kerry@younyoga.co.uk](mailto:kerry@younyoga.co.uk) including your child's name and class. Places will be allocated on a first come first served basis. Those who secure a place will be sent a booking information form and payment details.