



CHILDREN'S YOGA AFTER-SCHOOL CLUB

Yoga inspires children to be kind, patient, accepting & empathic with themselves & their peers. A dedicated & intentional yoga practice that includes breathing techniques & physical postures can be incredibly valuable for them.

 *Yoga Enhances Physical Flexibility*

 *Yoga Refines Balance & Coordination*

 *Yoga Develops Focus & Concentration*

 *Yoga Boosts Self-Esteem & Confidence*

CLASSES

Wednesday 10th January 2018

Wednesday 7th February 2018

3pm-4pm

Laughton Community Primary School

£20 for 5 week course.