

SUMMER TERM

A FUN 40 MIN SESSION FOR GIRLS AND BOYS YEAR 3-6. LEARN HOW TO DOWNDOG, FROG, SPIDER, WARRIOR AND AIRPLANE! BREATHING TECHNIQUES TO HELP THEM MANAGE THEIR EMOTIONS LEAVING THEM FEELING CALM AND RELAXED. ALL CHILDREN WELCOME!

KIDS YOGA



WEDNESDAYS | 3.30PM | £66 FOR 11 WEEK COURSE

Email catcanham@gmail.com to book your place.
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