

Y  
is for  
Yoga



THE BRITISH WHEEL OF  
YOGA™

St. Mary's Infants Yoga on Tuesdays  
3.15-4pm  
Starting 6<sup>th</sup> January (12 week course)

[www.melsyoga.net](http://www.melsyoga.net)

tel. 07977187170

jaynmel@me.com

Yoga helps to build self-confidence, body awareness and flexibility, and regular posture practice leads to improved focus and concentration – all essential tools for children. Classes are fun, lively and also provide time for relaxation and meditation.

