

Kids Yoga & Art Club

All welcome

Monday 3.30 - 4.30pm

£81 for 9 sessions

Classes will run:
12th Jan to 9th Feb
(Half term)
23rd Feb to 16th March

BENEFITS OF YOGA

- Increased concentration
- Increased flexibility and strength
- Learning techniques to be calm and quiet
- creative expression - having fun



To Book:

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