

Kids Yoga Club

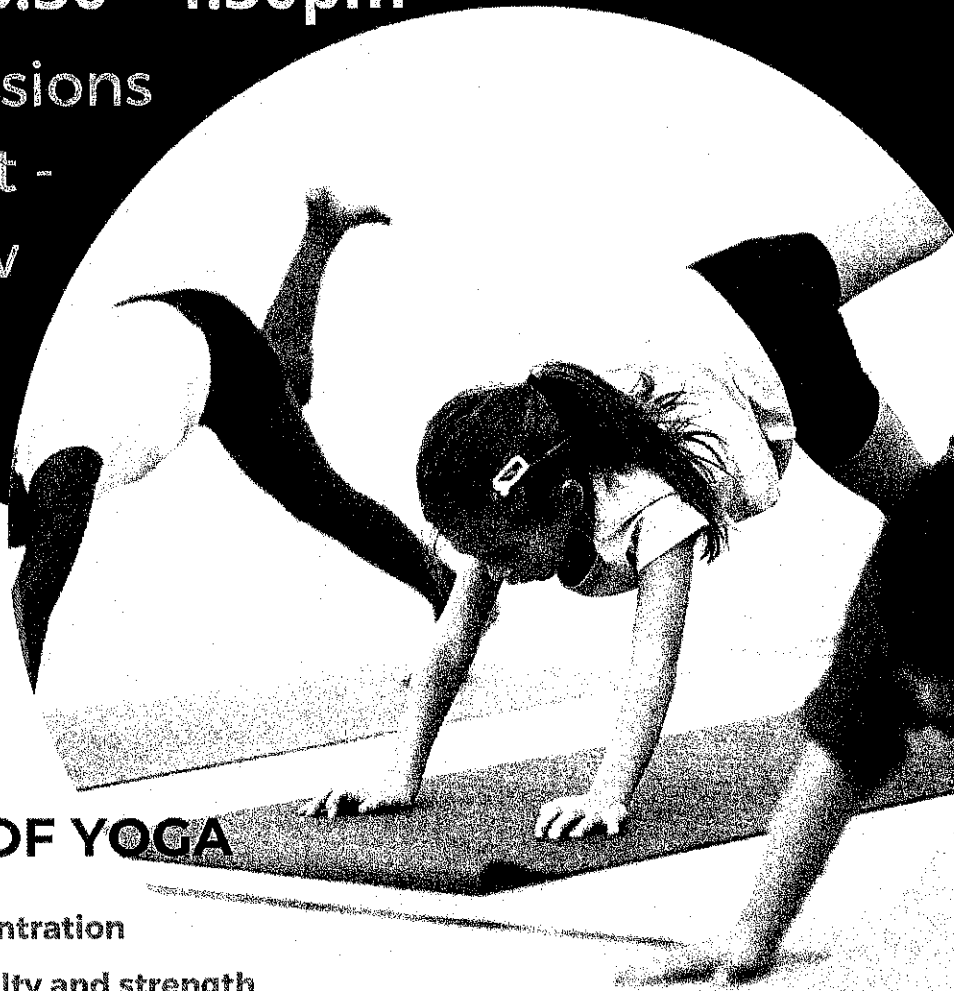
Yr 1 & 2

Monday 3.30 - 4.30pm

£90 for 10 sessions

Mon 11th Sept -

Mon 27th Nov



BENEFITS OF YOGA

- Increased concentration
- Increased flexibility and strength
- Learning techniques to be calm and quiet
- Increasing confidence

To Book:

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