



Yoga Club Thursday's

CHILDRENS YOGA CHESHIRE

For form's 1 to 6

Using games, stories and props to explore yoga and mindfulness with children. The children will learn different breath techniques, postures and salutations in a fun and safe environment .

HALF TERM ONE
THURSDAY 7TH SEPTEMBER TO
THURSDAY 19TH OCTOBER
7 WEEKS - £31.5

HALF TERM TWO
THURSDAY 2ND NOVEMBER
TO
THURSDAY 14TH DECEMBER
7 WEEKS £31.5
FULL TERM £63

VISIT ME AT
[FACEBOOK.COM/CHILDRENSYOGACHESHIRE](https://www.facebook.com/CHILDRENSYOGACHESHIRE)

TO FIND OUT MORE EMAIL

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