GET BENDY, FIND CALM & HAVE FUN

YOGA WELLBEING AFTER SCHOOL CLUB

let's play yoga!

starts Wednesday 14th January

RECEPTION - YEAR 3

WEDNESDAYS 3.20-4.30PM

MUSIC, MOVEMENT & GAMES!

- GROW SELF-CONFIDENCE
- IMPROVE FOCUS & CONCENTRATION
- LEARN TO RELAX & FIND CALM
- IMPROVE CO-ORDINATION, BALANCE & POSTURE
- LEARN SELF-REGULATION TECHNIQUES TO HELP WITH EMOTIONS & CHANGE

Peaceful Play

LIMITED SPACES: BOOK NOW

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