

Children Yoga aims to help children develop a sense of awareness of their body and emotions through exercise, sound, breathing, balance, games and story telling.

Yogamoo is delighted to offer a Children Yoga Club at Holmesdale School from Y1 to Y2. The Club runs in sessions of 60mins over several weeks each term in groups of 12 children. Children wear their PE clothes and practice in a circle with their instructor.

Dates: Summer Term 2026: 10 classes on 20th Apr, 27th Apr, 11th May, 18th May, 1st Jun, 8th Jun, 15th Jun, 22nd Jun, 29th Jun, 6th July (no class on 4th May BH, 25th May half-term)

Time: Mondays 3pm to 4pm

Location: Studio- please collect at 4pm (side gates at right of office)

Price: £70

Each Yoga Session Includes:

- Greetings and introduction of the session theme (seasonal)
- Short Breathing practice
- Warm-up Poses
- Standing up Dynamic Yoga sequence or Yoga Story
- Partner Yoga or Yoga game
- Closing Poses
- Relaxation

If you are interested in your child joining the club, please book now to start at the beginning of the term.

NOTE! NO BOOKINGS VIA THE SCHOOL OFFICE

Call 01737 911313 or Book Online
www.yogamoo.com/holmesdale

