

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

Yogamoo™ is delighted to offer a **Children Yoga After School Club** at **Holmesdale Community Infant School** to Year 2 Children. The club runs in sessions of 55 minutes over 7-10 weeks each term in groups of maximum 12 children.

Dates Summer Term 2024 Dates:

9 sessions on 22nd Apr, 29th Apr, 13th May, 20th May, 10th Jun, 17th Jun, 24th June, 1st July, 8th July (no class on 6th May bank holiday, 27th May Half term or 3rd June Inset day)

Time: 3:05pm to 4:00pm on Mondays

Location: Meet at the Studio at 3:05pm. Pick up 4:00pm.

What To Wear: PE Kit or Yoga clothes (shorts/leggings/tracksuit bottoms and T Shirt). Take everything you need with you to go home straight after class.

Price: £ 54 for 9 sessions 1 Hour Sessions

Each Yoga Session Includes:

- Greetings and introduction of the session theme
- Warm up Poses with anatomical reference to joints, muscles and bones
- Yoga Story
- Key Poses in relation to the class theme
- Short Breathing or Meditation practice, Closing Poses, Relaxation

If you are interested in your child joining the club, register now to join after Half-Term

NOTE! THE SCHOOL OFFICE DO NOT TAKE BOOKINGS FOR YOGA

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

