

# Yoga is Better in School



***Starting next week***

*Tuesday 22<sup>nd</sup> January 2019*

## **Tuesdays – Yoga for Kids**

3:20pm until 4:20pm at The Hub  
KS1 children (FD, Y1 and Y2)  
10 week course until the end of term £42

## **Thursdays – Family Yoga**

3:20pm until 4:20pm at The Hub  
Adult and up to two kids (2-8 years)  
10 week course £58  
or pay as you go £6.50 per session, booking advised.

*Places are limited, so please sign up fast ;-)*

Contact me with any questions  
Slavka 07825 291037 or on  
[www.facebook.com/yogaisbetter](http://www.facebook.com/yogaisbetter)



Co-ordination and strength



Stretches for flexibility



Fun and laughter



Breathing, mindfulness &  
relaxation