

**Reception/ Year 1/ Year 2**



**My Yoga classes teach children to:**

- develop flexibility, strength, balance and posture**
- become more observant by using their senses of sight, hearing, smell and touch**
- balance their emotions, relax their minds and strengthen their concentration**
- express themselves creatively and maintain their spontaneity and originality**

**Classes run from 12th September to 12th December 2019**

**Thursday After School Club**

**3 -3.50pm**

**Cost £65 for 13 weeks**

**Limited spaces available. Places will be given on a first come first served basis.**

**Please text Irina on 07789 548526 or email (irinaboy35@gmail.com) to reserve a place for your child.**