

# 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 Meath-Green Infant School to Y1 and 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:** 11 Sessions on 15th Sept, 22nd Sept, 29th Sept, 6th Oct, 13th Oct, 3rd Nov, 10th Nov, 17th Nov, 24th Nov, 1st Dec, 8th Dec (no class on 20th Oct and 27th Oct Half Term)

**Time:** Tuesdays 3.15pm to 4.15pm

**Location:** Cherry classroom - collect from the main school front gates

**Price:** £77

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/meathgreen-i](http://www.yogamoo.com/meathgreen-i)**

