

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 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: 10 Sessions on 21st Apr, 28th Apr, 5th May, 12th May, 19th May, 2nd Jun, 9th Jun, 16th Jun, 23rd Jun, 30th Jun (no class on 26th May Half Term)

Time: Tuesdays 3.15pm to 4.15pm

Location: Cherry Classroom / Outside - collect from the main school front gates

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/meathgreen-i

