

KYMM Kids Yoga, Mindfulness & Meditation



OWL'S AFTER SCHOOL CLUB AUTUMN TERM 2021

Monday Afternoons 3.00PM – 4.00PM

Yoga to music and stories. Mindfulness games. Calming meditation.

Autumn Term 1. 13th September – 18th October 2021 £42.00

Autumn Term 2. 1st November – 13th December 2021 £49.00

Book both half terms before the 13th September 2021 and receive a

FREE 2hr October half term holiday club session 2021

Limited availability

Visit www.kymbucks.co.uk to book

Any questions please email kymbucks@gmail.com

Children will only be required to remove shoes, socks & tights

Namaste. Sam Ellis



BENEFITS OF YOGA FOR KIDS



Strength, balance, flexibility, inner strength and body awareness

Concentration, focus, attention, confidence and self esteem

Creativity, imagination, feelings of well-being and respect for others

Relaxation, self- control and awareness of breath