

KYMM Kids Yoga, Mindfulness & Meditation



OWL'S AFTER SCHOOL CLUB

Yoga to music and stories, Mindfulness games, Calming meditation

Commencing 19th April – 24th May 2021 (3rd May Bank holiday, no session)

Monday Afternoons 3.00PM – 4.00PM

Limited availability

5 weeks = £35.00 per child

All enquiries and bookings 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

Feelings of well-being and respect for others

