

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 Holy Trinity CofE Junior School from Y3 to Y6. 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: Spring Term 9 classes: 16th Jan, 23rd Jan, 30th Jan, 6th Feb, 13th Feb, 27th Feb, 6th Mar, 13th Mar, 20th Mar (no class on 20th Feb half-term)

Time: Fridays 3.10pm to 4.10pm

Location: Tree House - please collect at the office entrance at 4.10pm

Price: £67

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 at date and time advised

**NOTE! NO BOOKINGS VIA THE SCHOOL OFFICE
OR PARENTPAY**

**Call 01737 911313 or Book Online
www.yogamoo.com/holytrinity**

