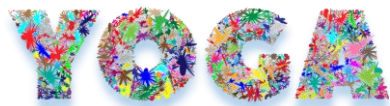


Children's



Classes With Kristy Perez

Children's yoga is encouraging, spontaneous and light-hearted, having fun while learning the basics of yoga. Your child and I will work as a group focusing creatively and incorporating movement into life more than practicing perfectly aligned poses.

Classes cover these areas:

Games so the children can release energy built up from the day
Flexibility, strength and balance to create healthy body awareness
Nature based poses to create a connection and understanding of the natural world

Positive affirmations to encouraging positive thinking
Mindfulness practises and storytelling

It may be, that on some occasions, the child's position may need to be fine-tuned in order to achieve a better posture and this would be achieved by me moving your child's body.

Starting on Monday 10th June 3.15 - 4.00 having 12 spaces available.
The investment for your child is £15.00 for 5 weeks payable in advance.

Places will be allocated on a first come basis. If you would like to register your child, please submit the form below along with £15.00 to secure your child's place.

I Would like my child _____ to participate in the Children's Yoga Class (five sessions). I enclose £15.00 for this class. I will ensure my child brings suitable PE kit to school to take part in these sessions

.Signed: _____ Date.....