

Yoga Club

Yoga and mindfulness sessions for children at

Ford End Primary School

Thursdays 3pm-4pm

from 2nd May – 11th July

(no sessions 16th May, 6th June and during half-term)

Introducing basic yoga postures and sequences for strength and flexibility; breathing, relaxation and mindfulness techniques for concentration and calm.

£24 (8 sessions)

(payment must be made before the first session to secure a space as spaces are limited)

For more information or to sign up please contact Caroline Saxon at caroline@yogabyheart.co.uk



Caroline Saxon is a registered teacher with Yoga Alliance Professionals. This accreditation demonstrates excellent standards as set by Yoga Alliance Professionals

