12 sessions for just £84!

YOGA CLUB

with Mrs R Vekaria at 3.30pm-4.30pm

Every Thursday: Reception-Y6

A child's mental and physical health plays a vital role today, particularly with the stresses and demands of their school lives. Their days are jam-packed with activities, where the body and the brain can really feel the strain.

The Yoga Club is designed to allow children time to learn a range of postures to assist their bodies right down to blood pressure, to boost immunity and organ health, plus resting mindfully and relaxing consciously.

categories:

- **Ashtanga Yoga**'s slow and restful practices (Individual / personal with a focus on mindfulness)
- **Hatha Yoga**'s is high-speed and dynamic practices (Pair / group practices)
- **Krida Yoga**'s competitive yogic games (Pair / group practices)

Duration: Thurs 17th Sept - Thurs 10th Dec
(Half term - Thursday 29th Oct)

September – 17th, 24th
October – 1st, 8th, 15th, 22nd
November – 5th, 12th, 19th, 26th
December – 3rd, 10th

Contact Details:
Mrs. R. Vekaria
07746927027
reenavekaria@outlook.com

