

Butterfly Kids Yoga

Yoga and Mindfulness Club
at Bernards Heath Junior School

£64

8 classes

Monday afternoons 3.30-4.20pm
22 April - 8 July
(NO CLASSES 17 or 24 JUNE)

Limited
Spaces

Children's yoga is fun, creative and non-competitive.

Benefits of yoga:

- ✧ builds balance and flexibility
- ✧ reduces stress and anxiety
- ✧ brings clarity and calm
- ✧ improves concentration and energy levels
- ✧ recharges the immune system
- ✧ strengthens gross and fine motor coordination
- ✧ establishes healthy sleep patterns
- ✧ encourages creativity, self expression and self confidence
- ✧ creates healthy habits
- ✧ develops discipline
- ✧ heightens body awareness and self-control
- ✧ breathing and visualization techniques teach children how to focus, relax and develop self-control
- ✧ improves mindfulness

These sessions are designed to give your child the opportunity to practice yoga in a quiet, calm and relaxed atmosphere and with this in mind children who attend should be aware that they will be expected to help maintain this feeling of calm and not to behave in a way that is disruptive to others.

Places in the class are limited. If your child would like to join the class please could you e-mail me at butterflykidsyogastalbans@gmail.com with their name, year and class. If I am able to offer your child a place I will contact you with payment details and a health form which should be returned to me prior to the start of term.

Any questions – please call me (Heidi) 07967 664056.

For more information on my classes please visit
www.butterflykidsyoga.co.uk
(Classes for 2.5-10 year olds in St Albans)

