



Yoga for Children

Yoga and mindfulness classes for Y1 – Y3

An opportunity for your child to experience yoga and mindfulness through play, creativity and spontaneity. Classes are designed around traditional yoga poses with a strong emphasis on personal expression, creative imagination and the joy and freedom of movement. Your child will be offered the space to 'just be' without any expectations and experience enjoyment in their own bodies. Movement, breathing techniques, and relaxation will play a strong part in each session. Yoga is a physical practice that has multiple benefits. It helps achieve peace of mind, improves concentration, builds confidence, helps to bring hormonal balance, increases body strength and flexibility and improves posture – to name a few. My goal is to hopefully plant a seed for a life long yoga and meditation practice.

- THURSDAY LUNCH CLUB 12.30 – 1PM
Course runs from 11th January– 22nd March
- COST £40 FOR 10 Weeks
(£4 per class, can be paid 1/2 termly with 2nd post dated cheque - £20 & £20)
- The Course is limited to 8 places

Contact Rachel Richards 07896 721096 email Rachel@habibiyoga.com
For further info - www.habibiyoga.com

RETURN SLIP: Habibi Yoga – Little Gaddesden School

Childs Name.....

Class.....

Contact number.....

Contact email.....

Please make cheques payable to Habibiyoga. Places will be allocated on a first come first serve basis

PLEASE RETURN TO SCHOOL OFFICE