

Children Yoga aims to help children develop a sense of awareness of their body and emotions through exercise, sound, breathing, balance, games and story telling.

Yogamoo™ is delighted to offer a Children Yoga School Club at North Downs Primary School to Y3 to Y6 children. The club runs in sessions of 60 minutes over several weeks each term in groups of maximum 12 children. Children wear their PE clothes and practice bare foot in a circle over gym mats with their instructor.

Dates: Summer Term 2025 Dates: 6 sessions after Half-Term on: 2nd Jun, 9th Jun, 16th Jun, 23rd Jun, 30th Jun, 7th July

Time: Mondays 3.15pm to 4.15pm

Location: Brockham, Hall, pick up at 4.15pm

Price: £42

Each session includes:

- Greetings and Introduction
- Warm up Yoga Poses
- Yoga Story practice including Balance Poses
- Meditation or Breathing Short Practice
- A Yoga game
- Wind Down Sequence or Partner Yoga Sequence
- Lying down Relaxation

If you are interested in your child joining the club, register now to join at the beginning of the Term.

NOTE! NO BOOKINGS VIA THE SCHOOL OFFICE

Call 01737 911313 or Book Online
www.yogamoo.com/northdowns

