



# AFTER SCHOOL FOR AGES 8-16

# YOGA

## THURSDAY CLASSES

### Colehill Methodist Hall

4-5pm - 8-12 years  
(school years 4-7)

5.15-6.15pm - 12-16 years  
(school years 8-11)

Get into the yoga zone with Enguard Kids Yoga; bringing the benefits of Yoga to children and teens - in and around Wimborne, Dorset - since 2021.



#pausebreathereachrelax

### Yoga for:

- self-awareness - mind and body
- poise, strength and flexibility
- focus, balance and confidence
- understanding the importance of rest

### Age-crafted classes include:

- postures, sequences
- breathing exercises
- mindful activities
- relaxation

Classes run during term-time, max 12 students per class.  
For more information, or to book, please email Clary.



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