

For more details and to book, please call or email:
07834986071 / claryyoga@outlook.co.uk



#pausebreathereachrelax



CLASS SCHEDULE - AUTUMN 2024 AT COLEHILL METHODIST HALL, BH21 7AT

MONDAY

Little yogis! ★ NEW
3.45-4.30pm
for children aged 4-8
(school years R-3)

TUESDAY

Toddle-tastic! ★ NEW
9.15-9.45am
for grown-ups to
pause, breathe, reach and relax
with their pre-schooler (2-4 years)
*includes a takeaway tea or coffee afterwards
Tuesday Teens ★ NEW
5-6pm, for 12-16 years
(school years 8-11)

WEDNESDAY

Busy with all the
non-teaching stuff!

THURSDAY

Tweens
4-5pm
for children aged 8-12
(school years 4-7)

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

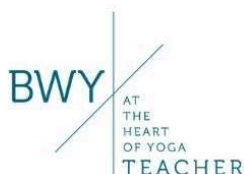
FRIDAY

A little study and focus
on my own yoga practice



PLUS...

Events, in-school and by
arrangement sessions and
after school club yoga
at Colehill First School
and Hayeswood First School



Clary Hughes - Specialist Yoga teacher (Children and teens)
Enguard Kids Yoga - fb/insta: /enguardkidsyoga
DBS checked and cleared - Safeguarding certificate
Paediatric first aid trained - Insured