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AFTER SCHOOL FOR AGES 4-16

at Colehill Methodist Hall.

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.

Yoga for:

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

Age-crafted classes include: **physical postures and sequences, breathing exercises, mindful activities and relaxation.**

CLASSES

Mon: 3.45-4.30 **for ages 4-8** (school yrs R-3)

Tues: 5-6pm **for ages 12-16** (school yrs 8-11)

Thurs: 4-5pm **for ages 8-12** (school yrs 4-7)

5.15-6.15pm **for ages 12-16**
(school yrs 8-11)

- Term-time
- Max 12 students per class
- Accessible location, free parking

"Thank you Clary. You are giving children the skills and confidence to face the world through the beautiful gift that is yoga." (Mum of A, Yr 4)

For more information and booking, please email or call Clary.

Email: claryyoga@outlook.com

  /enguardkidsyoga

Tel: 07834 986071



#pausebreathereachrelax