

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



#pausebreathereachrelax



# AFTER SCHOOL TERM-TIME YOGA - SPRING 2025

## AT COLEHILL METHODIST HALL, BH21 7AT

MONDAY

Little yogis!

3.45-4.30pm

for children aged 4-8  
(school years R-3)

13/01/25-31/03/25

First  
class  
free!\*

THURSDAY

Tweens

4-5pm

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

Teens

5.15-6.15pm

for 12-16 years  
(school years 8-11)

09/01/25-03/04/25

\*First class free is offered as a trial for children who haven't previously attended an Enguard Kids Yoga class. Valid for classes on Thursday 9th and Monday 13th January, subject to available spaces.



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