

# AFTER SCHOOL YOGA CLUB

**Colehill First**  
**Tuesdays 15:15-16:15**  
**Open to Years 1-4**



**Get set to:**

- go on story-telling adventures
- find your inner super powers
- recharge and relax

*Enguard Kids Yoga aims to introduce the power of Yoga to children in a fun way - from self-awareness, poise, focus and balance, to finding strength, confidence and an ability to re-set and relax.*

*Classes are a mix of postures, breathing exercises, sequenced movement and relaxation, together with age-appropriate rhyme and story-telling.*

Autumn term dates: 14th Jan - 1st Apr (not inc half-term)

To register interest and to book,  
please email [claryyoga@outlook.com](mailto:claryyoga@outlook.com)

Autumn term £66.00 (11 sessions)

\*First class free is offered as a trial for those who haven't previously attended Enguard Kids Yoga classes valid on 17th Jan only and subject to available spaces.

**pause - breathe - reach - relax**



Enguard Kids Yoga - T. 07834 986071 - [www.facebook.com/enguardkidsyoga](http://www.facebook.com/enguardkidsyoga)