



Children's Yoga in Dorchester School

Mondays- Years 1, 2, 3,
Tuesdays- Years 4, 5, 6
After school start at 3.15pm-4.15pm

Benefits of yoga for children :

"Yoga helps to enhance flexibility, strength, coordination and body awareness in children. In addition , their concentration and sense of calmness and relaxation also improves."

Children's yoga is delivered through seasonal stories, music , movement, fun games , drawing and craft work to develop mindfulness.

12 weeks in total , £8.50 per session per child

Contact Martina for more info:

Email: martina.grace@icloud.com

Mobile: 07792164 888

