



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 promoting , drawing and craft work to develop mindfulness.



Monday Yoga will run for 8 weeks in total , £8 per session per child.

Tuesday Yoga will run for 10 weeks , £8 per session, per child.

Contact Martina for more info:

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