



Children's Yoga at Dorchester Primary School

Monday- Years 1, 2, 3,
Tuesday- Years 4, 5, 6
3.15pm-4.15pm

Benefits of yoga for children :

- Improves attention and focus
- Boosts academic performance
- Provides a healthy coping mechanism
- Assists with self-regulation
- Alleviates stress and anxiety
- Enhances well-being
- Develops motor skills
- Promotes mindfulness



14weeks in total , £7 per session per child
Contact Martina for more info:
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