



LET'S GO AND STRETCH OUT!

KIDS YOGA AT DORCHESTER

Fun and engaging yoga sessions for children! Combining movement, breath, and relaxation, these classes are designed for all school-aged children.

Through stories, games, and creativity, children explore yoga in a way that feels natural, playful, and enjoyable.

Class Schedule:

Mondays | 3:15 – 4:15 PM

Years 3, 4, 5 & 6

9 sessions

Class Schedule:

Tuesdays | 3:15 – 4:15 PM

Reception, Year 1 & Year 2

10 sessions

Benefits of Yoga for Children

- Improves focus and concentration
- Supports emotional regulation & reduces anxiety
- Builds strength, flexibility & coordination
- Boosts confidence and self-esteem

BOOK YOUR PLACE NOW:

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