



Your children are invited to join yoga breakfast club:

Yr 5 = 6 - Thursday's 7:45 – 8:30am

You may find it unusual to do a club in the morning, but yoga certainly sets the children up nicely for the day!

Here are just some of the many benefits of Yoga for children.

- **Improves posture, flexibility, strength, balance and coordination**
- **Become more aware of their breathing and emotions**
- **Cope with stress more easily**
- **The exercises improve their motor skills**
- **Explore their imagination**
- **Learn to respect themselves, others and the world around them**
- **Nurtures self-esteem, confidence and acceptance**
- **Increase energy and decrease anxiety**

Items to bring: Your own yoga mat, blanket and water bottle. If they wish, they may bring a small snack to have before they go into their classes.

10 sessions from Thursday 28th April@£6/session - £60 total.

To book, please follow the link below:

<https://forms.gle/LmA7Gbeavtga3ckU9>

For more information and on other classes available, please contact Lisa: lisagouldcoaching@gmail.com or 07986544754

Thank you

Lisa

www.lisagouldcoaching.co.uk