



## Children's Yoga at Dorchester Primary 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,  
games, drawing and craft to develop  
mindfulness.



14 weeks in total , £7.50 per session per child

Contact Martina for more info:

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