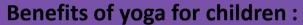




Children's Yoga at Dorchester Primary School

Mondays- Years 1, 2, 3, Tuesdays- Years 4, 5, 6 After school start at 3.15pm-4.15pm Starting w/c 13th Jan, ending w/c 24th March.

No sessions during half term or week commencing 24th February.



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, drawing and craft work to develop mindfulness.

9 weeks in total, £7.50 per session per child Contact Martina for more info:

Email: martina.grace@icloud.com

Mobile: 07792164 888



