



## 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 13<sup>th</sup> Jan, ending w/c 24<sup>th</sup>  
March.

No sessions during half term or week  
commencing 24<sup>th</sup> February.

### **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, fun  
games, drawing and craft work to  
develop mindfulness.

9 weeks in total , £7.50 per session per child

Contact Martina for more info:

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