

# HOLISTIC YOGA CLUB



## Seasonal Yoga **at The Park**

*for children  
starting on  
20 September*

*Every  
Wednesday  
3-4pm*

*Last session  
13 December*

**There is no yoga  
during half term**



- >flexibility and strength
- >enhances concentration & coordination
- >increases self-esteem
- >peaceful state of body & mind
- >tools for stress management
- >sparks creativity
- >seasonal approach to body and mind



- >encourages social interaction
- >enhances body awareness
- >discipline & responsibility



*Lessons offered by a qualified seasonal yoga teacher and a parent in year 11, Oxana Cresswell, free of charge to the students at The Park. If you have any questions please email: [oxanacress@hotmail.com](mailto:oxanacress@hotmail.com)*

