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

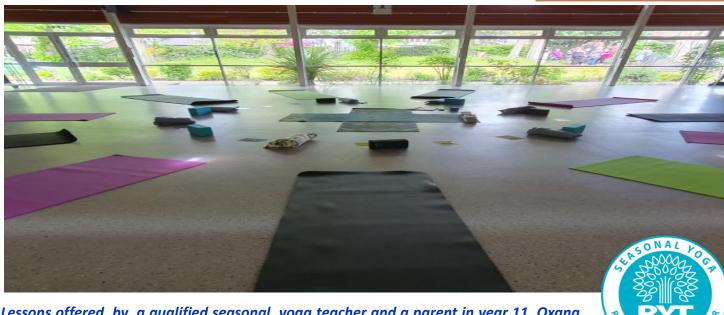
>sparks creativity

>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