



Learn traditional yoga postures and breathing techniques whilst having lots of fun

Classes include

Yoga games. Mindful stories. Music. Relaxation

Yoga can help develop focus and concentration, improve flexibility, strength and balance.

When: Monday

Reception 3.00 – 3.45

Years 1 & 2 3:45 - 4:20

Years 3 & 4 - 4:30 - 5:20

Where: The Barn

Cost: £ 70 perterm

How to book

Please, reserve your child's place using the school Online Booking system. For further information email us at: info@ohm-yoga.co.uk or call: 07733 000 999

(N.B Limited spaces are available)