

YOGAKIDS



Yoga for Children - Build confidence, increase concentration, develop self-control, create calm and positive behaviour

Wednesday evening at Thriplow, £5 per session

6.00pm - 6.40pm for children aged 5 - 8

6.45pm - 7.25pm for children aged 9 - 11

Contact Anna on 07902 596048 or

anna.yogatree@yahoo.com

Registered Yoga Teacher RYT 200, YOGA Alliance

Yoga at Schools trained with Michael Chiswick, DBS approved