

After School Yoga Club

With Jo

Starting Wednesday September 18th, 4.00-5.00



An after-school Yoga Club for children age 4-7 years

Star Yogis Class

A great chance for your child to shine whilst exploring yoga, mindfulness and relaxation in a fun way through active Yoga Storytelling, Yoga Gym, Yoga Dancing, Yoga Games, Arts and Crafts. Your child will develop strength, flexibility, body awareness, creative movement expression and learn how to breath deeper and relax in a safe, fun and non-competitive space of friendship and connection.

Please email jo@funshineyoga.co.uk for more information