



YOGA CLUB

St. Martins School Y1-Y6  Mondays 3.30pm-4.30pm

£8.50 per class, per child, paid termly

The evidence is overwhelming regarding the plethora of positive benefits of Yoga & Mindfulness for children & young adults.

Yoga Club combines Breathwork Techniques, Physical Movement, Fun games, Creative work and Relaxation & Meditation techniques to help children now and throughout their entire lives. These life tools help deal with stress, tension and everyday worries in an ever-changing world.

Yoga & Mindfulness practice for children results in many possible benefits including a healthier body, development of stress management & relaxation skills, enhanced self-awareness & self-esteem, increased imagination & empathy, & improved self-discipline. Yoga & Mindfulness practice has been found to reduce stress & tension, dissipate excess energy, relieve tiredness, lengthen attention span, improve physical health, sharpen concentration, enhance mental clarity, & cultivate better interpersonal relationships.

Practice can also increase academic achievement, improved decision-making skills, improved communication skills, increased IQ, increased self-control, increased attention span, reduced anxiety, & improved complex learning skills.

PLEASE EMAIL FOR ALL BOOKINGS & ENQUIRIES

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