

YOGA CLUB

Summer Term

St. Martins School - Mondays 3.30pm-4.30pm, Years 1-6



28TH April – 7th July 2025

No Yoga Club during May Half Term & Bank Holiday May 5th

9 sessions @ £8.50 = £76.50

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

Yoga Club combines Breathing Techniques, Physical Movement, Fun games, Creative work, Meditation, Relaxation & Mindful practices, 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

sarahyogasurreymw@gmail.com