

YOGA & MINDFULNESS CLASSES FOR CHILDREN AGES 7- 11 YEARS

Sherree Davis

- Certified yoga instructor
- 20+ years experience working with children
- Qualified early years practitioner
- First aid trained
- Enhanced DSB checked & Insured



DID YOU KNOW? BENEFITS OF YOGA FOR KIDS

- Strength, flexibility and balance
- Concentration, focus and attention
- Inner strength and body awareness
- Confidence and self-esteem
- Creativity and imagination
- Awareness of breath
- Relaxation and self-control
- Feeling of well-being and respect for others



What People say about us!

"I WOULD LIKE TO SAY A MASSIVE THANK YOU FOR YOUR MINDFUL YOGA CLASS. IT HAS IMPROVED MY CHILD WELLBEING AND SHE IS MUCH CALMER NOW. ALSO, WHEN SHE FEELS SAD OR ANGRY, SHE CONTROLS HER EMOTIONS MUCH BETTER NOW, AND SHE GOES TO THE QUIET CORNER TO MEDITATE. :) I CAN SEE A POSITIVE IMPACT ON ANGELINA OVERALL.

THANK YOU SO MUCH AGAIN. (NAMASTE)"



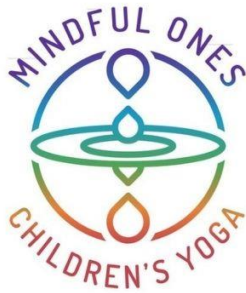
INFO@MINDFULONES.CO.UK



07818 073102



WWW.MINDFULONES.CO.UK



Summer Term - 10 Weeks Tuesdays & Fridays 3.25 pm -4.25pm

- Classes running every
Tuesday from 30th April to 9th July
Friday from 3rd May to 12th July

*Excluding half-term
27th May - 31st May

- £8 per child per session
- £7 per additional sibling
- If your child will be absent from a class or should you need to collect them early, please contact Sherree on the telephone number provided (please do not contact the school).

Please note that all children's yoga classes are non-refundable *please see our cancellation policy on our website for full details.


MY 8-YEAR-OLD DAUGHTER, SKYE, HAS BEEN ATTENDING THE MINDFUL ONES CHILDREN'S YOGA CLASS, AND IT HAS BEEN A GAME-CHANGER FOR HER WELL-BEING. FROM ENTERING THE CLASS FEELING TIRED AND GRUMPY, SKYE COMES OUT FROM THE CLASS HAPPY AND READY FOR THE WEEKEND. MINDFUL ONES HAS PROVIDED HER WITH THE TOOLS TO HANDLE STRESS IN A CALMER WAY, AND I AM TRULY GRATEFUL FOR THEIR IMPACT.

TO SIGN UP SCAN HERE



OR EMAIL

 INFO@MINDFULONES.CO.UK

 07818 073102

 WWW.MINDFULONES.CO.UK

Emergency Contact Information

Child's Name:

Parent/Carer Name:

Contact Telephone Number/s:

Any allergies or medical info: