

Children's Yoga

Starting
January 2012

From Toddlers to 8 years

- Creating the space for your child to grow naturally with yoga, song, storytelling and relaxation.
- Encouraging an enquiring mind through exploration and imagination.
- Sharing empathy, respect and tolerance of others.
- Quiet time to strengthen concentration and reflection.
- Inspiring confidence, especially during times of transition.
- Improving flexibility and stamina through stretch.
- Supporting the Early Years Curriculum and Exercise for under 5's



**Tuesday Afternoons
Classes from 1.30- 5pm**

Session 30 minutes

Cost £33 for 7 classes

**Telephone Jane to book a
place for your child**

01675 464246

07811 480261

Gift vouchers are available to give as presents for other children you know



STONEMONKEY
YOGA STUDIO & CAFE

22 Binswood Street, Leamington Spa,
Warwickshire. CV32 5RN

www.stonemonkey-yoga.co.uk

www.koya.org.uk