

# Children Yoga aims to help children develop a sense of awareness of their body and emotions through exercise, sound, breathing, balance, games and story telling.

Yogamoo is delighted to offer a Children Yoga Club at Wray Common Primary School from Y1 to Y4. The Club runs in sessions of 60mins over several weeks each term in groups of 12 children. Children wear their PE clothes and practice in a circle with their instructor.

**Dates:** Autumn Term: 12 classes on 11th Sept, 18th Sept, 25th Sept, 2nd Oct, 9th Oct, 16th Oct, 6th Nov, 13th Nov, 20th Nov, 27th Nov, 4th Dec, 11th Dec

**Time:** Fridays 3.20pm to 4.20pm

**Location:** Music Room- please collect from the office/main entrance

**Price:** £90

Each Yoga Session Includes:

- Greetings and introduction of the session theme (seasonal)
- Short Breathing practice
- Warm-up Poses
- Standing up Dynamic Yoga sequence or Yoga Story
- Partner Yoga or Yoga game
- Closing Poses
- Relaxation

If you are interested in your child joining the club, please book now to start at the beginning of the term.

**NOTE! NO BOOKINGS VIA THE SCHOOL OFFICE**

**Call 01737 911313 or Book Online**  
**[www.yogamoo.com/wraycommon](http://www.yogamoo.com/wraycommon)**

