

Kids Yoga Club *With Chloe*

TUESDAYS 8 AM

Nov 8th- 13th Dec **£24**

Through Yoga children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them

LITTLE
YOGA BEES



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Practicing Yoga and Mindfulness helps improve focus, memory, self-esteem, academic performance, and classroom behaviour, as well as reduce anxiety and stress.