

STARTING IN JANUARY

YOGA with Rainbow Kids Yoga

EVERY TUESDAY - 15:30-16:30 - YR to Y4

£4.00 PER SESSION (PAYMENT TO OFFICE)

A little bit about your instructor…

My name is Debbie and I am a Rainbow Kids Yoga Teacher…

In yoga we use our breath, mind and body at the same time. This makes us feel happy. We practice yoga together through stories, song and using visuals.

Most importantly we have fun. Yoga is good for increasing your strength, flexibility and balance.

Comfortable clothes are essential. Children can wear socks or go bare feet!

I can't wait to start working with you all at The Prince of Wales School!