

Junior Yoga Club

Day: Wednesday

Time: 8:00 – 8:50

Students: Years 3-6

Lead: Helene Fauquet, qualified Sivananda yoga teacher (2003) and YogaBugs teacher (2006)

Where: Dance Studio (junior side)

Club description:

- Stay calm and focused in stressful situations.
- Improve your body image and posture.
- Keep strong and flexible.
- Yoga, a powerful complement to any activity

Start and end dates for summer '18 term:

18th April – 11th July

Cost for summer '18 term:

£6 for the first class and then £8 per class, payable per term for £88 (11 sessions)

Contact: 07947 804 902 or hfauguet@hotmail.com

JUNIOR YOGA

A healthy mind in a healthy body

Stay calm and focused in stressful situations.
Improve your body image and posture.
Keep strong and flexible.
Yoga, a powerful complement to any activity.

Come and try a class.
it is fun !



Wednesdays 8:00 to 8:50 am
Coleridge Primary School - Dance Studio
12 classes (from 18 April to 11 July) : £94 - Trial session : £6

Qualified as a Sivananda yoga teacher in India in 2003 and as a YogaBugs teacher in 2006, I believe Yoga is for absolutely everyone, from 0 to 100 (or more!).

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