

Junior Yoga Club

Day: Thursday

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 autumn '18 term:

Thursdays starting on 13th September and the last class is on 6th December.

Cost for autumn '18 term:

£6 for the first class and then £8 per class, payable per term.

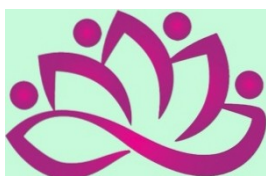
Contact: 07947 804 902 or hfaquet@hotmail.com

JUNIOR YOGA

A he.althy mind in a he.althy 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 c'ass.
it is fun t



Yo91
with *Helene*

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!).

07947 804 902 or hfauquet@hotmail.com

