

CHILDREN'S YOGA & MINDFULNESS
BY
Yogapeaches

AT ST THOMAS MORE

Yoga club at St Thomas more is a fun after school club including yoga poses, games, calming breathing techniques & mindfulness, songs, crafts and confidence building activities.

The children start by sharing healthy snacks provided by me whilst they share thoughts from their day or week before warming up with sun salutations and positive affirmations. We follow a weekly theme for our poses & activities before winding down with a story or guided meditation and finish with a relaxation practise.

In September we'll be running every Wednesday after school (3:15-4:15pm). The dates for the first half term are Wednesday 11th September - Wednesday 23rd October with an inset day WEDNESDAY 2nd OCTOBER.

The cost per class is £6.50 per class (£39 for the 6 week half term). Please email yogapeaches@hotmail.com to register your interest.

If you have any questions, please don't hesitate to get in touch.



Warm wishes,
Alex



On 15 Jul 2024, at 14:41, admin <admin@stmore.herts.sch.uk> wrote:

Dear Alex,