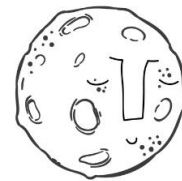




KIDS YOGA



MOON CHILD
love creates love

DAY: MONDAYS
LOCATION: KILMORIE SCHOOL

Y1 AND Y2 children

Themed Classes
Breathing exercises
yoga games – Occupational therapy
inspired
Story Time
Calm Bubble
Arts & Crafts

**LED BY INSURED AND
QUALIFIED KIDS YOGA
INSTRUCTOR SANDRA**



BENEFITS INCLUDE:

TEAMWORK & COOPERATION
EMOTIONAL AWARENESS
CONFLICT RESOLUTION
LISTENING SKILLS &
EMPHATY
BODY AWARENESS
BALANCE
& MUCH MORE...

**LIMITED PLACES
AVAILABLE**



sandra@moonchilddevelopment.co.uk



[@moonchildnurturepractice](https://www.instagram.com/moonchildnurturepractice)