



## Relaxation & Movement Yoga club!

Would your child be interested in being a Yogi? 😊

Yoga Club will be continuing at Waverley Abbey School in January! At Karma Kidz we offer fun, active Yoga classes, especially designed to appeal to children. Your child can discover the joy of yoga and exercise their imagination whilst going on a yoga adventure complete with poses, relaxation & meditation included in each session! Yoga helps balance, flexibility & Strength and encourage physical and emotional development. Studies have proven a link between yoga and an improvement in concentration and focus, with improved learning outcomes. Children with self-confidence issues blossom in our classes as yoga is non-competitive. The sessions are offered after school on a Tuesday afternoon.

### BOOKINGS NOW ACCEPTED FOR SUMMER TERM!

Classes will start on Apr 23rd at 3.30pm £5 per class, with the final class on July 9th (11 sessions). Classes will run for 45 minutes, parents to collect at 4:20pm from the Hall. Please email Karma Kidz Yoga Directly to register your interest, spaces are limited and will be issued on a first come basis. We are very happy to answer any questions you have, simply drop us an email to [kiwitk@hotmail.com](mailto:kiwitk@hotmail.com).



We are looking forward to another fun year of yoga!! 😊

Tris

[www.karmakidzyoga.com](http://www.karmakidzyoga.com)