



### YOGA WITH NATASHA

Natasha’s qualifications include 40-hour Children's Yoga teacher training accredited by Yoga Alliance through Children's Yoga Tree and Level 3 certificate in Education and training.

**Yoga classes for children:** The classes combine physical stretching and strengthening exercises from traditional yoga with calm breathing and mindfulness techniques to help children’s physical, mental and emotional needs. The movements and postures that are taught are age appropriate and provide opportunities for the children to manage their thoughts and breathing techniques through storytelling and fun activities.

Yoga develops core strength, coordination, balance, flexibility, body awareness and skill development. It is a calming activity and gives all children a chance to feel good and work together in a non-competitive space.

Yoga supports children’s learning and improves concentration, behaviour and confidence. Mindfulness provides children with the time and space to manage their emotions, enabling them to practice calm concentration, to put aside worries and make positive choices. Regular mindfulness practice has been shown to improve and have positive outcomes for children both at school and at home.

Children can attend wearing their school uniform or PE kit if they have PE on that day. If they have non-slip socks, they can bring these to wear during the session.

DAY	YEARS	STARTS	FINISHES	COST	TIME
Thursday (10 weeks)	3 - 6	16 <sup>th</sup> January 2025	27 <sup>th</sup> March 2025	£60	3.15pm - 4.15pm

Please book by contacting Natasha on 07738107814 or emailing [natasha\\_wolleaston@hotmail.com](mailto:natasha_wolleaston@hotmail.com)