Butterfly Kids Yoga

£93.5
11 classes

Yoga and Mindfulness Club
at Bernards Heath Junior School

Monday lunchtime 12.35 - 13.20pm
14 September – 7 December 2026

Limited Spaces

Children's yoga is fun, creative and non-competitive.

Benefits of yoga:

- Builds balance and flexibility
- Reduces stress and anxiety
- Brings clarity and calm
- Improves concentration and energy levels
- Recharges the immune system
- Strengthens gross and fine motor coordination
- Establishes healthy sleep patterns
- Encourages creativity, self-expression and self-confidence
- Creates healthy habits
- Develops discipline
- Heightens body awareness and self-control
- Breathing and visualisation techniques teach children how to focus, relax and develop self-control
- Improves mindfulness

These sessions are designed to give children the opportunity to practice yoga in a quiet, calm and relaxed atmosphere and, with this in mind, those who attend should be aware that they will be expected to help maintain this feeling of calm, and not to behave in a way that is disruptive to others.

If your child would like to join the class, email me at butterflykidsyogastalbans@gmail.com with their name, year and class. If I am able to offer your child a place, I will contact you with payment details and a health form which should be returned to me **prior** to the start of term.

Any questions please call me (Heidi) 07967 664056
www.butterflykidsyoga.co.uk

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