



YOGA AND MINDFULNESS CLUB



Open to year groups 2, 3, 4, 5, 6

When:

Wednesday mornings – starting on 14th January 2026

NEW time – 7.45am

✦ Start their day with energy, focus and calm ✦

My name is Caroline, and I am a qualified children's yoga teacher, with a passion for helping children feel calm, confident and strong in both mind and body.

With over five years' experience as a primary school TA, my new venture as a children's yoga teacher includes playful movement, imagination and mindfulness in every class.

My goal is to create a safe, supportive and fun space where children can explore yoga through stories, games and breath work - all at their own pace.

Why yoga?

- ★ Boosts focus and concentration
- ★ Builds strength and flexibility
- ★ Encourages mindfulness & self-confidence
- ★ Fun yoga games, storytelling & relaxation

Limited spots available - reserve now!

Please email me directly to book and pay:

ccarpenteryoga@outlook.com