

YOGA AND MINDFULNESS CLUB

Open to Y2, Y3, Y4, Y5, Y6

When:

Wednesday morning's – starting on 22nd April 2026

Start time – 7.45am

Why yoga?

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

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.

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.

Limited spots available - reserve now!

Please email me directly to book and pay:

£60 per child for summer term

NO CLUB ON 9th JUNE

ccarpenteryoga@outlook.com