

# kids yoga club



**13th June - 7th July**

Mondays, 4:45pm until 5:30pm

£40 | 4 week course

£12 | drop in per child



Yoga Kids Club offers classes that expose children to the principles of yoga. In a non-competitive and fun-filled environment, students will explore postures while learning about mindfulness and imaginative relaxation techniques. Additionally, the classes convey lessons in social skills, positive thinking and self-esteem whilst having fun with other kids.

**register:** Please call *evolve* at 020 7581 4090. Registration deadline is the 11th June. This course requires a minimum of 5 children to run.

**equipment:** All equipment is provided but please feel free to bring your own mat. Mats are also available for purchase.

  
courses