

Children's Yoga with Storytelling

is a form of theme-based yoga designed specifically for children.

Groups can explore simple yoga poses, basic breathing exercises, creative games and songs, while experiencing age-appropriate reading materials under the guidance of a qualified teacher.

Let little people with BIG imaginations unlock, explore, learn and have fun in a nurturing and mindful environment.

Come and join us at Courthill
on Monday 3.00-4.00pm
£28 for 4 weeks
10 spaces available

For enquiries, please contact
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