

T o d d l e r y o g a

Parent and Toddler Class

Toddler yoga is a fun, interactive class designed to introduce toddlers to yoga allowing them to discover and explore what their bodies can do, exercising their body, mind and breath all at the same time.

The class helps develop body awareness, promotes balance, physical strength, co-ordination and concentration as well as starting to teach them the importance to calming the mind, switching off and resting.

Each class is run to a different theme to engage the children and will consist of breathing exercises, poses, yoga story, a yoga game or song of some description and finishing with some mediation and relaxation.

The parents join in with all the yoga moves themselves enabling mum and child to have fun exercising together.

**6 week class starting Wednesday 9th
January 10-10.50am**

**A class perfect for Mums, Dads,
Grandparents and other carers.
Bond together.**