



Information sheet

2-7 years

We go on magical adventures rowing boats across the river, watching out for 'Colin the Croc'. Fly on a magic carpet whilst trying to help 'Chunky Monkey' find his way home.

We visit 'Walter the Whale' who is always there to help and warn us if 'Sammy Shark' is approaching.

After such an amazing and energetic adventure it's time for relaxation. With our lavender bags we lay down and are as quiet as a mouse, as still as a statue and pretend to be asleep.

When 'George the Giraffe' thinks we're asleep he will gently tickle us on our cheeks to wake us up.

Benefits of regular Yoga practise...

- Builds flexibility, strength & stamina.
- Breathing exercises strengthen & tone the lungs.
- Boosts self confidence & self esteem.
- Postures massage the internal organs which promotes a healthier inner body.
- Develops a calm & balanced emotional state.
- Techniques taught to remain calm & relaxed in stressful situations.
- Stimulates imagination & creativity.
- Improves concentration, memory & general ability to focus.
- Improves co-ordination.
- Promotes better sleep.

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