



Yoga with Nikki



After School Yoga Club

Join us for the After School Yoga Club this autumn term! Our engaging and fun-filled sessions are designed for children to explore the world of yoga through various activities. We practice a range of yoga poses to improve flexibility and strength, play interactive games to promote teamwork, and learn breathing exercises to help with relaxation and focus. Our guided meditation sessions foster mindfulness and emotional well-being. Beyond physical benefits, our club is a wonderful opportunity for your child to build confidence, develop social skills, and make new friends. Sign up now to give your child the chance to unwind, learn, and grow in a supportive and joyful environment!

Class will return on Tuesday 10th September (13 week block)

To book your child a place email Nikki – info@yogawithnikki.net

