



Yoga After School Club, Mon, 3:30-4:30, in the HBSJ Hall:  
6<sup>th</sup> January – 24<sup>th</sup> March.

What's it all about? The Monday Yoga after school club has been sensitively designed to engage children and young people and enable them to explore a great variety of yoga practices without them even knowing it. We use a variety of techniques to facilitate this such as storytelling, songs, music, play, games, experiments, toys, group and partner activities. There is absolutely no competition and children, and young people are encouraged to go at their own pace and do what they feel comfortable to do.

What are the benefits? Some of the benefits of practicing yoga include improves emotional and social skills; increases ability to identify and locate body parts; improves co-ordination and balance; improves concentration and calmness; improves academic performance; improves child's development, health and wellbeing; reduces stress and improves self-esteem; increases flexibility and improves strength.

To see clips and photos click here  
<https://www.yoganaturesheffield.org.uk/kids-yoga-classes>

How do I book my child onto the club? Email [jo@yoganaturesheffield.org.uk](mailto:jo@yoganaturesheffield.org.uk)  
I will then email you the booking email.

Jo

