**Next term’s Tatty Bumpkin children’s after-school yoga club**

**YEARS 1 - 2**

Thursdays 3.15-4pm

Booking now open for years 1 -2 (THURSDAYS) all the way up to summer term (final session Thurs 6th July)!

Two term blocks are open – please be sure to book both if you’d like your child booked in all the way up to summer: 6 weeks (April-May) and 5 weeks (June-July).

Places must be booked by the end of the Easter holidays, and a waiting list is available

The playful story-telling sessions for years 1 - 2 are run by professional children’s yoga teachers Georgia and Eve, and see children going on a different fun-filled yoga adventure every week with movement, music, and stretching.

We end every session with breathing and relaxation for physical and emotional wellbeing, helping children with self-regulation and calm.

No PE kit needed, just socks and shoes off at the beginning of the session (those with tights may prefer to bring shorts for when their tights have been removed).

Book now at

[https://portal.childreninspiredbyyoga.com/Classes/Course+Details/?course\_id=5046](https://portal.childreninspiredbyyoga.com/Classes/Course%2BDetails/?course_id=5046)

(term block booking only)

