**Improving physical and mental health**

**Flexibility, balance, and strength**

**Increasing focus**

**YOGA**

**WITH**

**SUZI**

**SSAS SCHOOL YOGA**

**DAY: Tuesdays**

**COST: £91 (13 lessons at £7 each)**

**TIME: 8:00-8:45am**

**VENUE: School hall**

**YEAR: Years 3-6**

**AUTUMN TERM: September 10,17, 24; October 1,8,15, 22; November 5,12,19, 26; December 3,10.**

 

**Further Information:**

* Wear PE kit or comfortable clothing and bring a water bottle
* I am a fully qualified yoga teacher for children, DBS checked, first aid trained, member of and insured by the Yoga Alliance UK.
* Please email me at suzisyoga@gmail.com if you wish to register your child or if you have any questions (first come, first served up to a max. of 15 children)

**About Suzi’s Yoga:**

My classes will be a balance of energising movements, poses and relaxation techniques. I am passionate about sharing my knowledge of yoga with children in a fun and interesting way. I will bring key elements of the curriculum into my classes and often introduce themes to encourage engagement and active participation. This is a non-competitive club where children need only to focus on themselves and their yoga journey.