



Get Active

# blossom yoga

For Children...

- Fun creative and stimulating classes
- Designed to improve concentration, sleep patterns, confidence, posture and flexibility
- Taught by fully trained Sun Power Yoga, YogaBugs and Yoga'd Up teachers
- Lil' Buds for 3 to 7 year olds
- Big Buds for 8 to 12 year olds

Blossom Yoga offers the first ever yoga syllabus, so children can be proud of their achievements with their own badges and certificates!

**First class FREE when you bring this advert with you!**



Classes every Saturday at Knighton Parish Centre, Church Lane, Leicester, LE2 3WG  
Lil' Buds: 10:00am to 11:00am. Big Buds: 11:00am 12:00pm  
For bookings and more information visit the website: [www.blossom-yoga.co.uk](http://www.blossom-yoga.co.uk)  
or e-mail: [blossom@blossom-yoga.co.uk](mailto:blossom@blossom-yoga.co.uk) or tel: 07739 507960