



All Children Should do YOGA!

Yoga is fast becoming an activity that is recognised for its beneficial effects on children's physical, emotional and mental development. Yoga develops creativity and expression because it is based on stories and themes and it nurtures children without being exclusive.

- Postures include stretches, back arches, forward bends, twists and inversions which recharge weak immune systems, strengthen core muscles, promote healthy bones, maintain natural flexibility, improve co-ordination and tone bodies.
- Balances improve focus, poise, strength and grace.
- Breathing exercises improve concentration and energy levels.
- Relaxation and visualisation techniques clear the mind, allowing for better memory retention and children become calmer with improved sleep patterns.
- Vocalisation techniques manage emotions, eliminating anxiety and negativity.

For more information about children's yoga visit the website:
www.blossom-yoga.co.uk

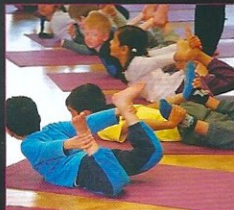
blossom yoga

SUMMER SCHOOL

Monday 19th to Friday
23rd August 2013 from
8.30am to 3.30pm daily

For children age 4-7 years

At Leicester High School,
454 London Road,
Leicester, LE2 2PP



- Fun, creative and stimulating
- Helping to improve concentration, sleep patterns, confidence, posture, co-ordination and flexibility
- Taught by fully qualified Children's Yoga teachers with nursery nurse/teaching assistant status



Limited places available so **BOOK NOW!**

For bookings email blossom@blossom-yoga.com
or tel 07739 507960

For more information visit the website
www.blossom-yoga.com