

blossom yoga

- ✿ Fun, creative and stimulating classes
- ✿ Designed to improve concentration, sleep patterns, confidence, posture, co-ordination and flexibility
- ✿ Taught by fully qualified Sun Power Yoga and Children's Yoga teachers

- ✿ Lil' Buds for 3 to 7 year olds
- ✿ Big Buds for 8 to 12 year olds
- ✿ Teen Buds for 13 to 17 year olds



First class FREE when you bring this advert with you!

Blossom Yoga offers the first ever yoga syllabus, so children can work through grades and achieve their own badges and certificates!

Classes every Saturday morning at Leicester High School, 454 London Road, Leicester, LE2 2PP.

For bookings and information visit the website: www.blossom-yoga.co.uk
or e-mail: blossom@blossom-yoga.co.uk
or tel: 07739 507960

