



Buttsbury Junior School Lunchtime Yoga Club for Years 3 & 4

Learn traditional postures and breathing techniques whilst having fun!

Classes include yoga games and activities along with relaxation.



Yoga can help develop focus and concentration, improve flexibility, strength, balance and co-ordination.

When: Friday lunchtimes 12 – 12.35

Where: Small Hall

Cost: £45 per term (9 classes)

Message Lou on 07817066972 or email :
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