



COME ON
JOIN IN
THE FUN

An experienced BWY teacher, CRB checked will take your child on a wonderful journey through yoga postures and breathing exercises.

A fun and active class with games, and interaction with other children there own age.

Be amazed at home with their demonstrations from six sessions. Their mind will be full of new experiences to share with all the family.

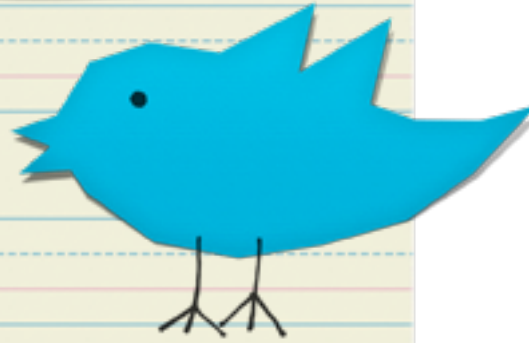


MINI
YOGIES



YOGA FOR
KIDDIES

Mind Body and Spirit
Barnsley RUFC, The Studio, Shaw Lane
Barnsley S70 6HZ 07789037427
michelle@yogapilates@gmail.com



abcd

What to do next :

Telephone for a application/consent form and course dates. Then just enroll your child or children onto the next available course. Its important to arrive 5 mins early for all children to relax and settle, Parents can stay in the waiting area, within the studio, or pop into the bar for a tea or coffee.



“ michelle is a wonderful teacher, caring and understanding making the class fun with lots of laughter with big smiles from all”

— Louise Sage Wakefield
2 Children

CLASSES

Fun and active, learn to balance there mind and bodies with yoga postures fun and games, with story telling.

MONDAY

4.15 PM

3 to 5 years a 30 min class to get them starting on there yogic path. focusing on growth through postures in a fun and active session.

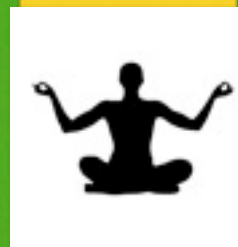
MONDAY

5.00 PM

5 to 7 years a 30 min class to help them further there balance and clam there mind in a supportive session learning more postures.

You've seen it on TV so let them have a go, you will find your child excited about yoga, helping them develope there skills.

COSTS AND COURSES



THE COURSE RUNS FOR SIX WEEKS PAYMENT IS REQUIRED BEFORE THE START OF THE COURSE.

The course costs £30.

Forms are required to be filled out by the parent or guardian prior the the start of the course. Limited spaces, please book early to avoid disappointment, children can enroll onto the next course if they wish.