



YOGA & MINDFULNESS **CLUB**

St. Martins School Y1-Y6

Starting in September 2024 * Mondays 3.30pm-4.30pm

£7.50 per class, per child, paid termly

*The evidence is overwhelming regarding the plethora of positive benefits of
Yoga & Mindfulness for children.*

Yoga Club combines Breathing Techniques, Physical Movement, Fun games, Creative work and Relaxation techniques to help children now and throughout their entire lives. These life tools help deal with stress, tension and everyday worries in an ever-changing world.

Yoga & Mindfulness practice for children results in many possible benefits including a healthier body, development of stress management & relaxation skills, enhanced self-awareness & self-esteem, increased imagination & empathy, & improved self-discipline.

Yoga & Mindfulness practice has been found to reduce stress & tension, dissipate excess energy, relieve tiredness, lengthen attention span, improve physical health, sharpen concentration, enhance mental clarity, & cultivate better interpersonal relationships.

Practice can also increase academic achievement, improved decision-making skills, improved communication skills, increased IQ, increased self-control, increased attention span, reduced anxiety, & improved complex learning skills.

PLEASE EMAIL FOR ALL BOOKINGS & ENQUIRIES

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