



**\*S.K.Y.\***

**Sunshine Kids Yoga**

*SO MUCH MORE THAN JUST POSES!*

## **FUN KIDS YOGA CLASSES**

*KIDS HAVE FUN WHILE THEY LEARN BALANCE, GAMES, TECHNIQUES, MOVEMENT ETC. THEY BECOME CALMER, MORE CENTRED AND RELAXED, LEARNING TO PLAY, SOCIALISE AND DEVELOP AT THE SAME TIME. SEE REVERSE FOR MORE DETAILS*

*CHECK OUT MY WEBSITE FOR PRICES, CLASSES AND OTHER DETAILS*



**CLASSES**

**LITTLE BUDWORTH JUBILEE HALL**

**Start: 7<sup>th</sup> November 3:30pm**

**Look online or call me 07495 186562**

**[WWW.SKY-YOGA.CO.UK](http://WWW.SKY-YOGA.CO.UK)**

**[INFO@SKY-YOGA.CO.UK](mailto:INFO@SKY-YOGA.CO.UK)**

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**SUNSHINE KIDS YOGA**

**FUN YOGA FOR KIDS**

**SO MUCH MORE THAN JUST POSES!**

**WHY KIDS YOGA?**

*INCREASES SELF-CONFIDENCE AND BUILDS A POSITIVE SELF-IMAGE*

*EXPANDS SELF-AWARENESS AND AWARENESS OF OTHERS*

*DEVELOPS SELF-DISCIPLINE AND SELF-CONTROL*

*BUILDS CONCENTRATION*

*IS NON-COMPETITIVE*

*EVERYONE WORKS TO THEIR OWN ABILITY AND LIMITATIONS*

*ENCOURAGES CO-OPERATION AND TEAMWORK*

*TEACHES HOW TO RELAX AND REDUCE STRESS*

*ENCOURAGES COMPASSION, GENEROSITY AND RESPECT*

*TEACHES HOW TO FIND INNER PEACE*

*YOGA IS FUN!*

**TEENS AND PRE-TEEN YOGA**

*HELPS MANAGE EMOTIONS*

*AN INNER-ENERGISING PRACTICE*

*BENEFICIAL IN FOCUSING THE MIND AND CONCENTRATION*

*CAN REDUCE ANXIETY, DEPRESSION AND ENCOURAGES A*

*POSITIVE MIND SET*

*YOGA IS NON-COMPETITIVE AND NON-JUDGEMENTAL*

*ENCOURAGING MORE SOCIAL UNION AND UNDERSTANDING*

*HELPS PROMOTE POSITIVE BODY IMAGE*



**Sunshine Kids Yoga Classes**