



YOGA CLUB

Tubbenden Primary School

Wednesdays:

 Early morning club: 8:00am - 8:30am

 After school club: 3:30pm - 4:30pm

Open to children in Year 1-Year 6



Great for all abilities, yoga offers a fun way for children to build strength, physical confidence, proprioception and balance



Mindful practices can help children to manage their emotions, to develop focus and concentration and to feel calm and positive



Themed classes include yoga, breathing techniques, games and relaxation

Email to book: yogabeeskent@gmail.com

www.yogabeeskent.co.uk

 [yogabeeskids](https://www.instagram.com/yogabeeskids)