

NEW BEGINNERS TERM

WWW.BOOKWHEN.COM/YOGASLOTHS

Children's
YOGA



WHY DO YOGA?



HAVE FUN

NON COMPETITIVE

BUILD CJS VALUE OF RESILIENCE

**REGULATE
EMOTIONS**

MANAGE

ANXIETY

**PUSH COMFORT
ZONES**

INCLUSIVE SPORT

THURSDAYS-11TH JAN-15TH FEB