

Parent and Child Yoga

As yoga has been so popular with so many children I've decided to give Parent and Child sessions a go. Giving children the opportunity to learn a bit more and parents have the opportunity to share in the experience and see what we've been getting up to in school – not to mention time for fun, a bit of exercise and some rest and relaxation!

Classes will be on Tuesday the 6th and 20th of November at Askrigg Village Hall

4.30 pm – 5.30 pm for children aged 3 – 6 years

5.30 pm – 6.30 pm for children aged 7 – 9 years

6.30 pm – 7.30 pm for children aged 10 – 13 years

Booking for more than one adult or child is absolutely fine and where ages stretch over more than one group you are welcome to book individually for some one to one time or everyone at once – use your discretion of where you know your children will feel happiest – you know them best after all!

You will need mats if you have them (if not you may borrow mine), a blanket each for relaxation, a water bottle with a lid to avoid spills, something comfy to sit on (a cushion or block) if you need it. Wear comfy clothes, and avoiding eating a large meal for an hour before class (light snacks are fine!)

Sessions will be £7 per adult + child pair with additional adults £5 and additional children £2 each.

For more information please get in touch via email or on 01969 650415

Booking is Essential, so please email me on nicolenescarr2015@gmail.com to secure your place.

