



# YOGA & MINDFULNESS CLUB

Cloud Yoga classes provide an opportunity for nurturing children's physical and mental wellbeing.



## Benefits of Yoga for children

- Helps with Self-Control
- Reduces Anxiety
- Enhances concentration
- Builds strength & flexibility
- Improves coordination skills
- Encourages mindfulness



Classes are small, inclusive, non-competitive and children are encouraged to move in way they feel is right for them and encouraged to be themselves within the group.

Classes include:

Greetings and Introduction ☁ Warm up poses ☁ Yoga story  
☁ Partner yoga or games ☁ Breathing exercise  
☁ Relaxation/Mindfulness

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