

Happy Little Yogi @ Maple Tree Primary

Thursday June 8th - July 6th, 3.30-4.30pm (5 wks) - All Years

Yoga
Meditation
Mindfulness
Memory Games
Energy
Crystals
Sensory Magic
Relaxation



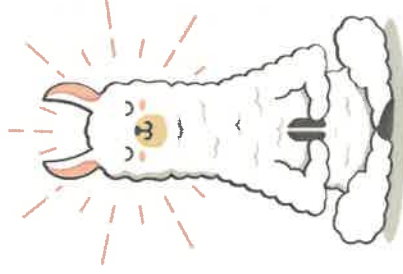
Happy Little Yogi runs holiday clubs, for all dates or to book go to the following link:
<https://www.happylittleyogi.com/classes/online-enrolment?type=h>

jane@happylittleyogi.com

The Benefits of Yoga

HAPPY LITTLE YOGI

- Keeps your muscles strong & increases strength
- Lets go of anxious feelings
- Increases flexibility
- Builds immunity
- Improves blood flow & heart function
- Builds strong bones
- Eliminates future stiffness & pain
- Improves your memory
- Creates a positive body image
- Increased lung capacity Improving breathing
- Builds confidence & self-esteem



- Stretches and protects the spine
- Calms the nervous system
- Creates happy, positive thoughts
- Improves self esteem
- Helps with peaceful sleep & relaxation
- Makes you feel stress free
- Increases concentration
- Improves posture
- Increases energy
- Reduces anger
- Aids digestion & balances metabolism

Happy Little Yogis class is at school on a Thursday afternoon 3.30pm - 4.30pm, providing your child with holistic well-being techniques to create all of the above through yoga, games, breathing, meditation, dance, singing, sensory magic & relaxation!

To book your space please email: jane@happylittleyogi.com

www.happylittleyogi.com