



Yogabugs is a fun and creative class that develops confidence and self esteem through movement and expression. Through original and well known stories the children are taken on exciting adventures. The children are introduced to traditional yoga pose, breathing techniques, meditation and journaling. The class is carefully structured to develop coordination, balance and strength as well as maintaining their natural flexibility.

The children are introduced to breathing exercises that support their emotional well being. The poses, breathing techniques, meditation and journaling are the tools to understand and regulate emotions, as well calming and creating a sense of space and balance in the mind and body.

Some of the overall benefits of yoga are improved concentration levels, better sleep patterns, greater self-esteem, reducing stress and anxiety as well as a great form of exercise.

### Yogabug Classes.

I am very pleased to offer two classes at Maidenbower Junior School on Tuesdays. There are limited number of places available in each class and will be allocated on a first come first serve basis. If your child would like to join then please contact me for more information.

Lunch club - Tuesdays 12-1pm

After School - Tuesday 3.15-4.15pm

Tracey Williams 07813187315 or [williamst93@hotmail.com](mailto:williamst93@hotmail.com)

Thank you.