

Story Yoga for Pre-schoolers with Funshine Yoga

Starts Thursdays September 19th

Story Yoga is a lovely afternoon class where carers and children jump on the mat together. Each week we follow an enchanting story with movement and yoga. The children experience the numerous physical and mental benefits of yoga while delighting in their imagination. We use songs, music, sensory play, arts and crafts to enhance their experience.

This class is suitable for age 3- 6 years and their parent/carers.

Our pre-schoolers class will run in blocks on Thursday afternoons (term time), 1.30 -2.30pm. With the option of refreshments at the end of the session. Starting on Thursday the 19th of September!

Dates: Thursdays September 19th – October 17th

Cost: £55 for the 6 week block including refreshments, arts and crafts.

Please email jo@funshineyoga.co.uk for more info or to book

