



# CHILDREN'S YOGA AFTER SCHOOL CLUB

Looking for a fun, active and calming way for your child to end the school week?

Join our after school club at Beech Lodge, Liguge Way.

**Open to all years on a Friday:  
3.15 - 4.15pm option or 3.15pm - 5.30pm option (Yoga and Crafts)**

Each session is packed with:

- 🧘 Fun, imaginative yoga adventures
- 🎈 A wide range of exciting props (parachutes, scarves, balls & more!)
- 🎵 Movement to music
- 🌈 Games, teamwork and creativity
- 💛 Relaxation and mindfulness skills

Children will learn all things yoga – from poses and breathing techniques to balance, strength and confidence – in a supportive, playful environment designed especially for them.

Perfect for unwinding after school, building confidence and having lots of fun!

🌐 [www.thegrowconcept.co.uk](http://www.thegrowconcept.co.uk)

📷 @thegrowconcept

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Spaces are limited - booking essential. Visit [www.thegrowconcept.co.uk/book-online](http://www.thegrowconcept.co.uk/book-online)