

Yoga'd Up

11 to 12 Years After-School Club

Wednesdays 3pm to 4pm

KS3 Site: Gym

Starting Soon!!



Fun, creative yoga classes to maintain your natural flexibility. Classes include a variety of postures, partner poses and fun yoga games. Help relax with breathing, relaxation and visualisation techniques.

For bookings and enquiries contact Arwen on

0845 899 7165

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Classes run during term time and cost £4.00 per session