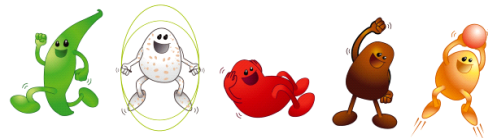


Yoga & Mindfulness Club



Full of beans

CHILDREN'S FITNESS & SPORTS COACHING

St Peter's Primary

Weds 18th Sept - 11 Dec

3.30 — 4.30



This Club is open to children in Years 1, 2 & 3

Following the success of our club last year, we are Delighted to be continuing with our fully trained teacher. We will also include meditation, breathing techniques & positive affirmations. To name just a few benefits ;

- Maintains Flexibility and Strengthens Growing Bodies
- Enhances Concentration
- Increases Self-Esteem
- Teaches Present Moment Awareness
- Cultivates a Peaceful, Relaxed State of Body and Mind
- Gives Tools for Stress Management
- Sparks Creativity in Ripe Imaginations
- Enhances Body Awareness
- Teaches Discipline and Responsibility

The cost is just £4.33 per week. 12 weeks is £52 but can be split into 2 payments with the 2nd after half term. We also offer sibling discounts.

If you would like your child to participate, please head to www.fullofbeansfitness.co.uk. Click the **WIRRAL area** Button, & follow link to book clubs & look for your school.

If you have any questions at all, please don't hesitate to contact Nicky on the number or email address below



M : 07914 836 797

E : nicky@fullofbeansfitness.co.uk

www.fullofbeansfitness.co.uk

