



# Calling all children from Reception through to Year 6

All children are invited to join Mrs Stevens for an  
afterschool Yoga & Wellbeing club at Great Chesterford Primary  
School every Monday from 3:20pm to 4:10pm.

**Learn over 60 yoga poses through:**

**Yoga games and challenges**

**Using the parachute, hoops and balls**

**Learn how to relax and self calming techniques**

Emma has been teaching yoga for over 20 years and is  
accredited with some of the highest qualifications of yoga  
in the country.

To book a place please email: [emmastevens03@hotmail.co.uk](mailto:emmastevens03@hotmail.co.uk)  
or call 07970807389. £5 per child per week.