



Yoga Afterschool Club Great Chesterford Primary School

**Inviting all children In Years 1 to 6 to attend an
Afterschool Yoga Club on Mondays**

Children will learn:

- Approximately 30 different poses through fun games & challenges
- How to relax, to fall asleep quickly and to shake off any worries
- Positive teamwork to improve new and existing friendships
- New games using the parachute, hoops and balls
- How to improve their posture and core strength

This club will be held in the School Hall from 3:20pm to 4:15pm

Cost is £5.50 per child per week

**To book your child a space please contact Emma Stevens on
07970 80 7389 or at emmastevens03@hotmail.co.uk.
www.emmastevensyoga.co.uk.**

**Emma has been teaching yoga to all ages since 2003 and teaches within
many different schools. She is fully qualified, holds a current DBS and
is highly recommended by Headteachers, Doctors and
Health Practitioners.**