



CHILDREN'S YOGA 7+

*Starting Thursday 14 March – 6th June.
15:15 – 16:00*

Come and Join Lucia and Explore the world of Yoga.

With Lucia children are introduced to Hatha Yoga. Also included in the course will be breathwork, as well as concentration and meditation techniques to help children stay calm and focused. She does this by using lots of fun games and stories, and of course practice!! They will learn how to master the basic poses, and learn which poses affect and improve their whole body and calm the mind.

This class helps children understand about themselves, increase their focus, confidence and self awareness, builds strength, co-ordination and balance, plus its really great fun! Mat are provided. The total cost for this 11 week course is 99 euros.

To register for this course sign up at our website
www.thehungrymind.nl or contact lucia.vieira@aofl.nl

