



## Children's Yoga comes to West Hill!

Starting in January, your KS2 child can come to yoga classes run by qualified primary school teacher and yoga instructor, Claire Gunningham.

There are so many benefits of yoga for children including: increased flexibility, coordination and fitness. Classes encourage children to relax, breathe deeply and focus. It is also always FUN!

Classes will run between 3.30 and 4.30pm in Beech Room in the village hall every Tuesday in term time starting on 8th January 2019 and are for KS2 aged children. To find out more please go to [www.flourish-yoga.co.uk](http://www.flourish-yoga.co.uk).

Please contact me via the website or at [hello@flourish-yoga.co.uk](mailto:hello@flourish-yoga.co.uk) to book your place. To keep classes small places are limited so please contact me as soon as possible. Classes cost £5.50 per session if paid in advance as a half termly block or £6 on the day.

I look forward to hearing from you!

A bit about me - I have lived in Ottery St Mary for over twenty years and as well as being a Primary school teacher (I taught at West Hill when I first qualified!) I have trained in children's yoga at YogaBeez in London. I am DBS checked and hold Public Liability Insurance, a current First Aid Certificate and I am trained in Safeguarding.

**Flourish Children's Yoga**  
**07579 041685**  
**[www.flourish-yoga.co.uk](http://www.flourish-yoga.co.uk)**