



Yoga and Yoganidra *for kids*

How about a day in half term without screens??

A one day workshop introducing kids to yoga and deep therapeutic relaxation.



Aim of the Workshop

Introduce children early on to:

- Yoga
- Healthy eating
- Importance of right breathing
- Importance of knowing how to be in touch with oneself

£60 per child

Suitable for ages 6 to 13

What is covered?

- Basic **yoga postures** for balance of mind and body
- **Yogic eye exercises** for removing eyestrain due to screens
- **Games** inculcating mindfulness and yogic postures
- Healthy **vegetarian lunch**
- **Yoganidra** - a deep and therapeutic relaxation session with the potential to address deeper imbalances and restlessness in the energies of the mind and body.

20th February, 2019,
10.00am to 4.00 pm
West Tisted Village Hall
S0240HJ

Tvam Yoga
07448790054
tvamyoga@gmail.com
www.tvamyoga.com