



Calm * Connect * Educate

'YOGA & MEDITATION CLASS'

PRE-SCHOOL ~ 11YRS

Classes Offer Children the opportunity to explore their emotions:

- ✓ Learn Breathing & Calming Exercises
- ✓ Practice Mindfulness Meditation
- ✓ Partake in FUNdamental Yoga
- ✓ And have lots of fun.....

CLASSES RUN 1ST & 3RD THURSDAY OF MONTH



BOOK NOW Scan QR Code or visit
<https://an-angels-touchreflexology-and-holistic-wellness-centre.live.baluu.co.uk>

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An Angels Touch - Children's Reflexology & Holistic Wellness Centre, Brookeborough

