



BlissKids

YOGA & WELLBEING



Yoga After School Club

Thursdays 3-4 pm at Dropmore



Blisskids wellbeing return to Dropmore infant school with our fantastic children's yoga & mindfulness club for the summer term! Our children's yoga club provides a fun introduction to yoga and mindfulness through stories and games. The sessions help children improve balance and coordination, concentration and confidence while improving fitness and building self-esteem in a relaxed, enjoyable environment.

Most importantly, the sessions are great fun!

The club is all-inclusive; children are welcome regardless of their level of fitness or sporting ability. We start each class with a full body warm up; go on a story-led adventure for our main activity and end with mindfulness and relaxation activities.

A little bit about me:

I'm Nicky, Dropmore teacher, qualified children's yoga and mindfulness teacher and NLP & EFT family wellbeing coach. I am fully insured with an enhanced DBS and First aid certificate.

Sessions cost £8 per week, payable termly in advance.

If you would like more information or to book your child's place, please contact Nicky at blisskidswellbeing@gmail.com



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