

NEW Kids Yoga & Move Class for Children at Nursery



Why Yoga ?

New class's for your child to learn movement and play. Yoga will help your child's flexibility , strength and coordination whilst teaching him/her how to improve their concentration , relaxation and calmness. It's an all round winner for body and mind health in a non competitive environment



Calmness, relax and breathe

Where, When and How do I book?

Being held at Port Seton Community Centre
2pm - 3pm on Wednesdays from 1st March 2017

£5.00 per session or attend Childs Play at 1pm on Wednesdays and pay £6.00 for both activities.

Contact Elite Yoga Fitness on 07462401901

Facebook/ IG Elite Yoga Fitness

Spaces are limited, book to avoid disappointment

