



Kids Yoga – Summer Courses

Run by Laura Fisher Yoga and taught by Jayne Walker
Ages 5-11 – Small Class Sizes for Individual Attention

Children will learn flexibility, strength, coordination, and body awareness in an environment that is fun & non-competitive. The focus will be on physical poses, imaginative stories, cooperative yoga games, and having fun while staying physically fit this summer!

The Hilt, Chandler's Ford
Thurs 10.45-11.45
Jul 24th – Aug 21st
£35 for 5 Weeks*

Chilworth Village Hall
Tues 10.00-11.00
Jul 29th – Aug 19th
£28 for 4 Weeks*



Hosted by Laura Fisher of
www.laurafisheryoga.co.uk

Taught by Children's Yoga
specialist Jayne Walker



To Book contact:

laura@laurafisheryoga.co.uk ~ 07866 459208

www.laurafisheryoga.co.uk

*Discounts Available if you know in advance you can't
make 1 of the weeks