

# Yoga for adults and children

## September 2015



## Adult and children's yoga classes starting from September

Welcome back! We hope you all had a great summer. From Monday 7<sup>th</sup> September at Cropwell Bishop and Wednesday 9<sup>th</sup> September at Burton Joyce yoga classes will be held at school. See below for more detail.

### Adults Yoga

Yoga has taken off over the last few years and it's easy to see why. Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Dozens of scientific trails have shown that yoga offers many health benefits whilst proving to be a safe and effective way on increasing physical activity, especially strength, flexibility and balance. Studies have also shown that yoga has many benefits for mental wellbeing as well as it has been said to relieve stress, anxiety and depression.

### Key Information

- Monday 7<sup>th</sup> September at Cropwell Bishop Primary School in the Hall 18.00-19.00. £6.00 per adult. Classes will then run at this time every Monday excluding bank and public holidays.
- Wednesday 9<sup>th</sup> September at Burton Joyce Primary School in the Hall 18.00-19.00. £6.00 per adult.
- To book please email [hello@thelimetrees.co.uk](mailto:hello@thelimetrees.co.uk) or call 0115 9313 562

We look forward to seeing you there!

## 1.1 Yoga for children

From Monday 7th August we are also excited to announce that we will be launching children's yoga classes. Our qualified and DBS certified yoga instructor will be teaching yoga to children whilst putting a fun spin on forty five minutes well spent. There have also been many studies into how yoga can benefit children and some of the positive effects it can have on them, including enhancing physical flexibility and activity, improving posture, developing focus and concentration, strengthening the immune system whilst also boosting self-esteem and confidence. That names just a few benefits that varied studies into yoga for children have discovered, with some schools in the UK now putting yoga on the curriculum. As part of their introduction we are offering each child one free taster session to ensure they enjoy it.

### Key Information

- Monday 7<sup>th</sup> September at Crowpell Bishop Primary School in the Hall 17.00-17.45. £5.00 per child. Classes will then run at this time every Monday excluding bank and public holidays.
- Wednesday 9<sup>th</sup> September at Burton Joyce Primary School in the Hall 17.00-17.45. £5.00 per adult.
- To book please email [hello@thelimetrees.co.uk](mailto:hello@thelimetrees.co.uk) or call 0115 9313 562