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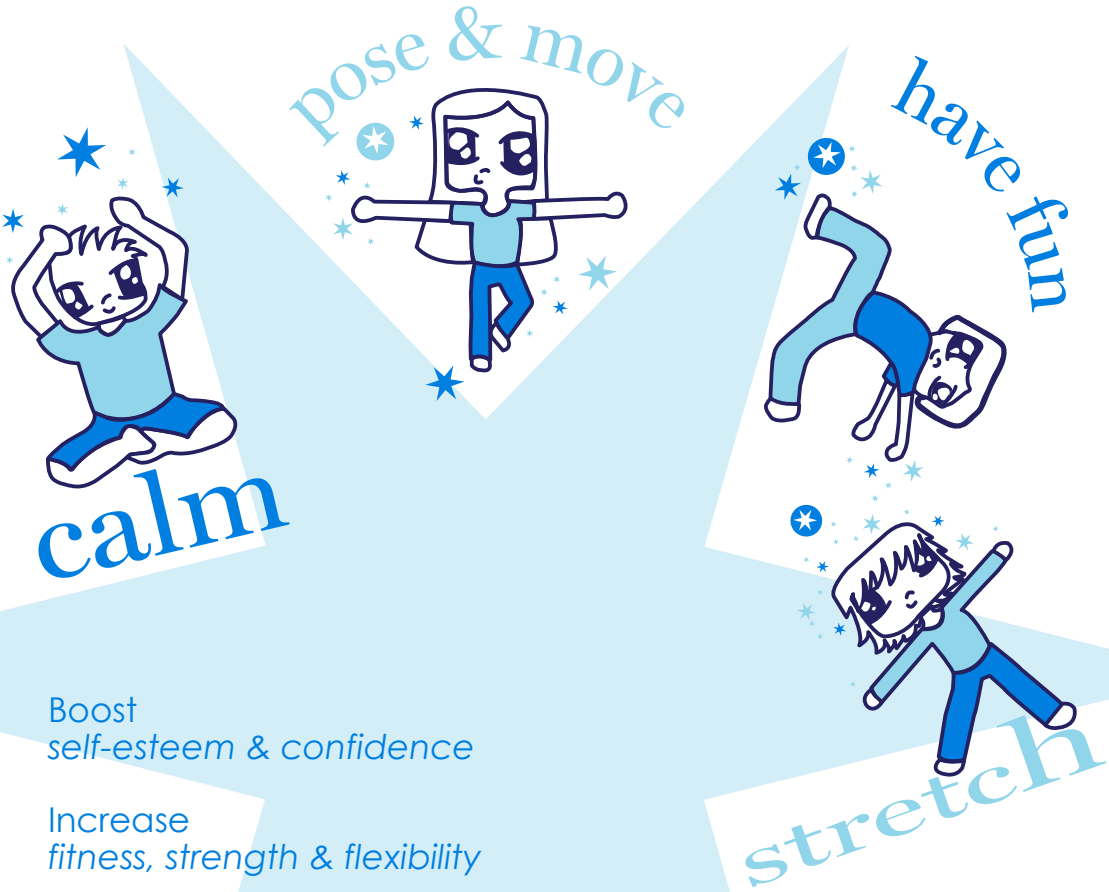
DISCOVER THE MAGIC OF YOGA

" A little magic can take you a long way" Roald Dahl



Boost
self-esteem & confidence

Increase
fitness, strength & flexibility

Manage
big emotions through breathing & relaxing

Email: jane@yogamagic.co.uk Tel: 07736 552575

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YOGA FOR KIDS

SPRING TERM NESTON PRIMARY SCHOOL YOGA CLUB

MONDAY MORNING BREAKFAST CLUB 8AM
KS2

THURSDAY AFTER SCHOOL CLUB 3.15-4.15PM
KS1

x11 weeks - £49.50 (£4.50 a session, £4 sibling discount.)

To reserve your space please phone or email Jane see overleaf for details