



# Mindful Movements Club



with Miss Watson at Stanley  
Park Junior School

Tuesday 3:30 - 4:30pm

Years 3, 4 and 5



Tuesday 9th January - Tuesday 26th March  
(excluding 16th January & 12th March)

£8.50 per session      £76.50 for 9 sessions



*Mindful Movements Club includes a  
combination of yoga and mindfulness  
exercises to improve emotional regulation,  
boost self-esteem, develop strength and  
flexibility and enhance concentration.*

*Spaces offered on a first come, first served basis*

TO BOOK YOUR CHILD'S PLACE  
PLEASE EMAIL:

**LAURA@SUPERLEARNERS.NET**

