



Mindful Movements Club



with Miss Watson at Stanley
Park Junior School

Tuesday 3:30 - 4:30pm

Years 3, 4 and 5



Tuesday 16th April - Tuesday 23rd July
(excluding May half term)

£8.50 per session

£119 for 14 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

