**P2 & P3 Mindfulness & Yoga well-being Classes** ****

Collette (of Synergy Yoga) has been teaching mindfulness and wellbeing activities both in St Brides and as an after-school activity over the last 3 years. She is delighted to be offering this 11-week course to the P2 and P3 pupils this Autumn.

The classes are fun, include mindfulness games, breathing techniques, yoga stretching through stories to improve balance, co-ordination, concentration and more importantly lots of laughter. We will finish off each class with a guided relaxation.

Each child will be assigned a yoga mat and blanket at the start of the course. A small snack (nut free) will also be provided (please advise Collette of any dietary allergies).

Mindfulness helps to support Positive Mental Health and self-esteem. Yoga helps to improve balance, strength, endurance, body awareness and aids sleep.

Early booking is recommended as each class is composed of a maximum of 12 children only

**Venue: Derryvolgie Hall in St Bride’s PS**

**Start date: 17th September 2021 (no class on 29th October)**

**End Date: 10th December 2021**

**Time: 2.00pm to 3.00pm**

**Cost £60 includes the use of equipment and a snack each week)**

Contact Collette by email at synergyyogabelfast@gmail.com or by mobile on 07555 277694.

Website: www.synergyyogabelfast.co.uk