

YOGA CLUB



"Through yoga, breathwork and soundbowl sessions, Nej gives children something truly valuable - the ability to relax, self-regulate and simply be present" - Jenny Blain, Founder, Denning Montessori

"The children so eagerly await their fun, dynamic, yet predictable yoga lessons each week" - Renuka Rao, Montessori teacher



Rise
and
Shine
**MONDAYS
8AM**



**LIMITED
SPACES**

**13 WEEK
TERM
£130**

STRETCH | FLOW | PLAY | SOUNDBOWLS

**TO BOOK A SPACE, CONTACT:
NEJ.BRIGGS@GMAIL.COM
07968 368196**



Yoga Club Registration Form

Email address

Child's Full Name

Year Group

Emergency Contact Name

Emergency Contact Number

Additional relevant info (allergies, medical conditions, additional needs etc)