

Yoga

Every Friday afternoon Kindergarten and Reception children take part in a relaxing half hour Yoga session. They learn about deep breathing and relaxation. Yoga is a fantastic, fun exercise that improves posture, flexibility strength and balance. It can also help children relax and encourage positive thinking.

If you would like to give it a go here are some useful links;

Yoga for younger children;

<https://www.youtube.com/watch?v=0ImHIWzP49M>

Yoga for older children;

<https://www.youtube.com/watch?v=sM5MGLMNN E>

