

TAPTON TEEN YOGA

Developing healthy bodies and healthy minds



Continuing Monday 21st of February for Y7 to Y13

- **Develops strength, flexibility and stamina**
- **Reduces tension, stress and anxiety**
- **Develops clarity, focus and concentration**
- **Creates emotional awareness**
- **Promotes social, mental and emotional health**

... and so much more!

**Mondays @ 3.45-4.45pm
in the New Hall
£4 per class
(£24 for the half term block)**

**Booking essential. Please contact
Colette directly to reserve your
place on; 07931 492161 or email
yogawithcolette@gmail.com**

www.yogawithcolette.com

