

Yoga & Mindfulness



Tuesday, 3.15–4.15pm
Dance Studio

LEARN
MINDFULNESS

STRENGTHEN
BODY

SUPPORT
WELLBEING

UNWIND &
RELAX

CALM BUSY
MINDS

AND HAVE FUN
DOING IT

Welcoming all young people to join our yoga sessions – no matter their age, experience, or ability. These classes can also count as a physical skill for the Duke of Edinburgh awards.

Next Term Dates and Costs:

Tuesday 15/9/26– 20/10/26 £36, 10/11/26–8/12/26 £30

full term cost for 11 weeks is £60

Through these sessions, students start to build lifelong skills that support their well-being and bodies; giving them valuable tools to use both now and as they grow. If you'd like to sign up or have any questions, please do get in touch. Bursary places available. We are now in our 13th Year!!!

Contact details: Tina Moxon

E: tina@lotusandlaurelyoga.co.uk

M: 07952 312057

TO SIGN UP, PLEASE PROVIDE:

FULL NAME OF STUDENT, DOB, CLASS,
EMERGENCY CONTACT NUMBER & ANY
HEALTH CONCERNS

BANK DETAILS IF NEEDED:

A/C 90001791 S/C 40–47–58

