



**KDDK**  
KATIE DRISCOLL DANCE KLAS



# Yoga Classes FOR KIDS

Yoga is a great way for children to find their happy and relaxed place, helping them to work as individuals and within a team.

Slowing the children down so that they can become mindful of their actions through yoga.

**KDDK's Yoga classes are educational, fun and engaging. They enable all children of all abilities to explore and develop their physical and mental wellbeing.**

**Yoga is not just a way to relax and create calmness. It is physically and mentally challenging too. The benefits of providing children with the opportunity to experience yoga are endless.**



-Certified-  
**Cosmic  
KIDS!**  
Yoga Teacher

Within each class, the main focus is on children having fun and enabling them to feel relaxed and confident to express different emotions .

All children are welcome to participate in KDDK Yoga, regardless of ability or experience. Each lesson is tailor made to supporting children's needs.



The younger children's classes are filled with creativity, exploring different adventures through storytelling and being brought to life with different yoga moves. The children will have fun and enjoy the different characters within the stories. Their imagination is switched on and allows them to relax physically and mentally.



The older children's classes are also filled with creativity, Using topics and themes to encourage them to create their own sequences. This provides the opportunity to express and explore their own personal challenges.

Yoga allows children to grow in confidence and feel good about themselves. It provides calming experiences and the transferable skills learnt, allows them to manage different situations in a more calm and relaxed way.

In addition to being an ability for the mind, it also improves children's balance, coordination, strength and effective breathing.

Also we learn how to appreciate other people's emotions and feelings.



FOR MORE INFORMATION:

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