



# PATCH YOGA

## For Kids



At Patch Yoga, children are taught yoga in a safe, encouraging and supportive environment. They are free to express themselves through movement, breath... & their very own imagination.

Yoga positively impacts children's physical and mental health. It enhances children's body awareness, develops and strengthens flexibility, boosts confidence and self-esteem & helps children regulate their emotions through breathing and relaxation techniques.



Every class has a different theme, a few examples of class themes are;

**Reflective Clouds** - gentle and fun poses based around releasing and letting go and introducing the children to yoga & relaxation.

**Your own superhero** - a creative class based on the child's strengths and abilities.

**A journey with your imagination** - story based class around Yoga poses.

**Team work** - an injection of fun team/paired activities for children to interact, engage and support each other.

**Our Journey** - Yoga class based around childrens' favourite poses throughout all their yoga classes.

For more information or bookings contact Aoife at [PatchYogaKids@gmail.com](mailto:PatchYogaKids@gmail.com)