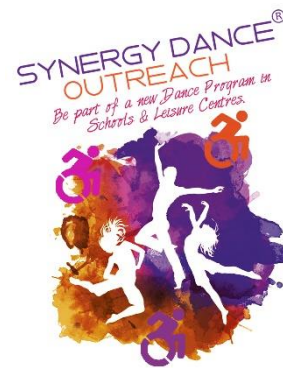


YMCA East Surrey, Sovereign Centre

Teen Yoga/Relaxation Course

For VI & SEN aged 11+ years

Come and enjoy our relaxed sessions at YMCA, Sovereign Centre.



Teen Yoga/Relaxation Class

Relax and unwind in our fun introduction to Yoga

Wednesdays 5:45pm – 6:45pm (11+ years)

Experience our Family Yoga class for Visually Impaired & SEN participants - taught by expert teachers, in liaison with ParaDanceUK and British Blind Sport. All participants learn technique, posture, core, balance and mindfulness. Parents/Carers are warmly invited to attend with their child - Experience the benefits of yoga and well being - build up core stability, resistance, stretching and toning, improving posture. Our classes also provide stress relief, "some space in between" and the opportunity to make new friends. Optional lavender bags, scented oils, blankets and head massage for a truly uplifting experience.



Wear loose comfortable clothing or gym kit + plimsolls, pumps or trainers. Bring a bottle of water to class.

Term Dates: 11th September - 18th December
(no class 30th Oct)

Term Fee: £2.50 per class (payable per term)
***Drop in sessions by arrangement**



Would you like to try **Teen Dance/Fitness for VI/SEN participants** too? For more information and to book a place contact: admin@synergydanceoutreach.co.uk

For more information on Synergy clubs, classes, workshops and parties in schools and leisure centres see: <http://synergydanceoutreach.co.uk>



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