



Windmill YOGA After School Club

at Wheatfields School

Summer Term 2025

Tuesdays 3:15-4:00

29 April, 6, 13, 20 May

Half term

3, 10, 17, 24 June June (8 dates)

£40 (£5 per class)

Please use the booking link below to secure your child's place!

Yoga moves, bends, stretches and empowers bodies and minds!

Windmill Yoga classes will bring the benefits of yoga to children in a fun and playful way. Through games, postures, story-telling and child-friendly relaxation techniques, the children will benefit from:

- Improved balance and body awareness
- Improved posture and alignment
- Increased concentration, focus, attention span and memory
- Increased confidence and self-esteem
- Increased creativity and imagination

And they will learn skills to enable them to:

- Calm and clear the mind
- Reduce tension, stress and anxiety
- Lead a fit and healthy lifestyle
- Sleep!

To book: <https://bookwhen.com/windmillyoga/e/ev-s96q-20250429151500>

Yoga at Wheatfields (After School Club) in the KS2 hall - Collection from main reception

Enquiries: contact Verity Windmill



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