



Yoga  
Games  
Craft  
Visualisation  
Relaxation

**Book now!**

# yoga holiday club for kids

February Half Term  
Monday 19th Feb  
9.30am - 12.00pm  
Age 8-12  
Garden Fields Primary  
School

## self love

A morning workshop exploring our talents, goals and unique qualities. Through games, discussion, yoga and other activities, we will explore ways we can love and appreciate ourselves.

**[www.zenclub.org](http://www.zenclub.org)**