



Yoga and Mindfulness Classes For Children and Young People With Disabilities or Additional Needs and their Siblings Class Calendar 2016/17



Part of our Big Lottery Funded 'Positive Intervention & Prevention' (PIP) Project

The aim of Yoga and Mindfulness classes is to help reduce children and young people's (CYP) stress and anxiety or emotional difficulties or other minor difficulties they are going through.

Support will help children become more resilient and able to cope with difficulties by increasing their ability to relax themselves, be more confident and in control of their emotions and will also help with physical development, flexibility and balance with an increased ability to focus and concentrate.

Classes held every **MONDAY / WEDNESDAY / FRIDAY (4-5pm)**

A new Course will run each calendar month (4 sessions /1 class per week), days and times above
At Twinkle House, 2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP

Costs is £8.00* per course (per month) payable in advance *no refund for non attendance

Classes will have a different theme each month, detailed below.

September '16 Olympic Games 	October '16 Autumn and Halloween 	November '16 Cultural Diversity Exploration 
December '16 Christmas 	January '17 Fantasy and Imagination 	February '17 Exploring The Senses 
March '17 Story-Telling 	April '17 Spring 	May '17 Community 
June '17 Summer 	July '17 The Sea/Sea life 	August '17 Safety and Danger 

To book a course contact: yogatwinklehouse1@gmail.com

or Telephone: 01695 455625

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