

Yoga Club

Yoga Club with Karina Yoga Bristol is continuing to Term 5!

Thursdays after school for Years 8 - 11

3.45pm - 4.45pm in the Gym

Dates: 25/4, 2/5, 9/5, 16/5 & 23/5

£20.50 for the term - sign up on [ParentPay](#)

If you are entitled to Pupil Premium Funding, sign up in Student Services.

WHY COME TO YOGA?

If you answer yes to any of these questions then you should come and give it a go and see if it can make a real difference to you.

- ◇ Do you have low confidence or feel like you put a lot of pressure on yourself?
- ◇ Do you feel anxious, angry or stressed?
- ◇ Do you find it hard to focus or concentrate?
- ◇ Do you sometimes feel your emotions are out of control?
- ◇ Do you find it hard to sleep?
- ◇ Do you feel stiff in your body?

WHAT WILL WE DO IN YOGA?

- ◇ Breathing exercises
- ◇ Poses to stretch the body- these are non-competitive and you only do what you feel comfortable with
- ◇ Meditation, aromatherapy and crystal meditation (optional!)

