

# Yoga Club at Northside from April 2026

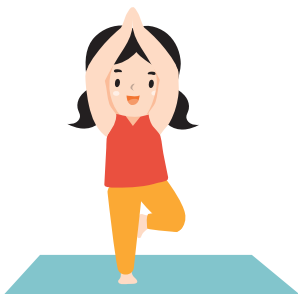
Build strength and flexibility



We aim to support your child's physical and mental wellbeing, fostering emotional intelligence and self-confidence through:

- Fun yoga poses based around stories and adventures
- Mindfulness, positive affirmations, gratitude practice and growth mindset
- Breathing techniques and relaxation
- Art and creative therapy/projects
- Music and Games
- Lots of fun and laughter

*\*Please see pg 2 for class details\**



Balance



Breathe and be calm



Focus



## Club details



Thursday mornings 8–8.45am  
£6 per session (payable half termly)

For further information, including testimonials from parents, please see our website [www.lotusclouds.co.uk](http://www.lotusclouds.co.uk). To book a place for your child please email [enquiries@lotusclouds.co.uk](mailto:enquiries@lotusclouds.co.uk) or call Bansi on 07950 288075.

"Such a positive and empowering class. My daughter has benefited greatly from the sessions and looks forward to them each week. Bansi is a fantastic teacher and always comes up with new and interesting activities which engage the kids. We especially love the affirmations and have adopted them at home. "

Emma Gilbert

