**Saraswati Yoga Studio**

**122 Robin Hood Lane Sutton**

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**Yoga for children with SEN**

**during October 2018 Half Term**

  **Fun, energising and relaxing yoga class for children with SEN & their parent/carer**

**Yoga is good for general health, strength, balance,**

**concentration and mood.**

**It can help ease asthma, allergies, hyperactivity and anger and improve sensory processing and spatial awareness.**

**The following class will be held on**

**Thursday 25th October 2018**

**9.00am-9.45am - £7.00 per session**

**As numbers are limited, this class must be pre-booked**

**and paid in advance.**

**To book a place or for further details please contact Laura at** **l.hopson2@virginmedia.com** **or on 07905504818**

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