

YOGA AND MINDFULNESS

Balance, joy and movement for children



COOKHAM DEAN

Tuesday - 3.15 to 4.30

13th January to 24th

March 2026

**£8.50 a session, paid
termly**

**All years..Free Trial
available**

Fun and engaging classes that teach
mindfulness, coordination, and relaxation
through storytelling and postures.

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<https://nurturekidsyoga.com>