



Yoga
Susan Aged 9

AFTER SCHOOL YOGA T1-2 16-17

Back for Term 1 and 2 16-17, Active Schools is delighted to confirm that Yoga with Rona Main will start again on **Tuesday 23rd August 2016 (Please note change of day from 15-16).**

Fun, interactive and progressive sessions that will build strength and flexibility through the yoga postures and sequences, in a low impact way.

Open to P1- P7 Boys and Girls and free to attend. Max 14 pupils per session with no special kit required other than PE kit. All sessions will be held in the small games hall at Meldrum Academy on **Tuesdays 4pm-4.45pm for P1-P4 then 4.45pm – 5.30pm for P5-P7.** No sessions during the first and last week of each term or on in- service days

To book your place contact:

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