



Yoga  
Susan Aged 14

## AFTER SCHOOL YOGA

Brand new for Term 1 and 2, Active Schools welcomes Yoga with Rona Main to the Meldrum Network programme. 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 CLD Activity Room at Meldrum Academy on Wednesdays from 6pm-7pm starting on Wednesday 9<sup>th</sup> September to Wednesday 16<sup>th</sup> December 2015. No sessions during the first and last week of each term.

To book your place contact

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