

Relax kids Classes

relax Kids

Help your child:

relax and be calm
feel confident
focus and concentrate
be imaginative
develop creativity
sleep better



Classes Include:

movement and dance
drama games
stretching exercises
self/peer-massage
breathing exercises
positive affirmations
mindfulness and relaxation

Give them tools for life!

Alison Relax Kids Wokingham Areas

 @alisonrelaxkidswokingham  @AlisonWokingham

Lunchtime Club

Friday 12.30 – 1.10pm

£6 a session

alisonrelaxkids@gmail.com

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX