



YOGA AT OUR SCHOOL

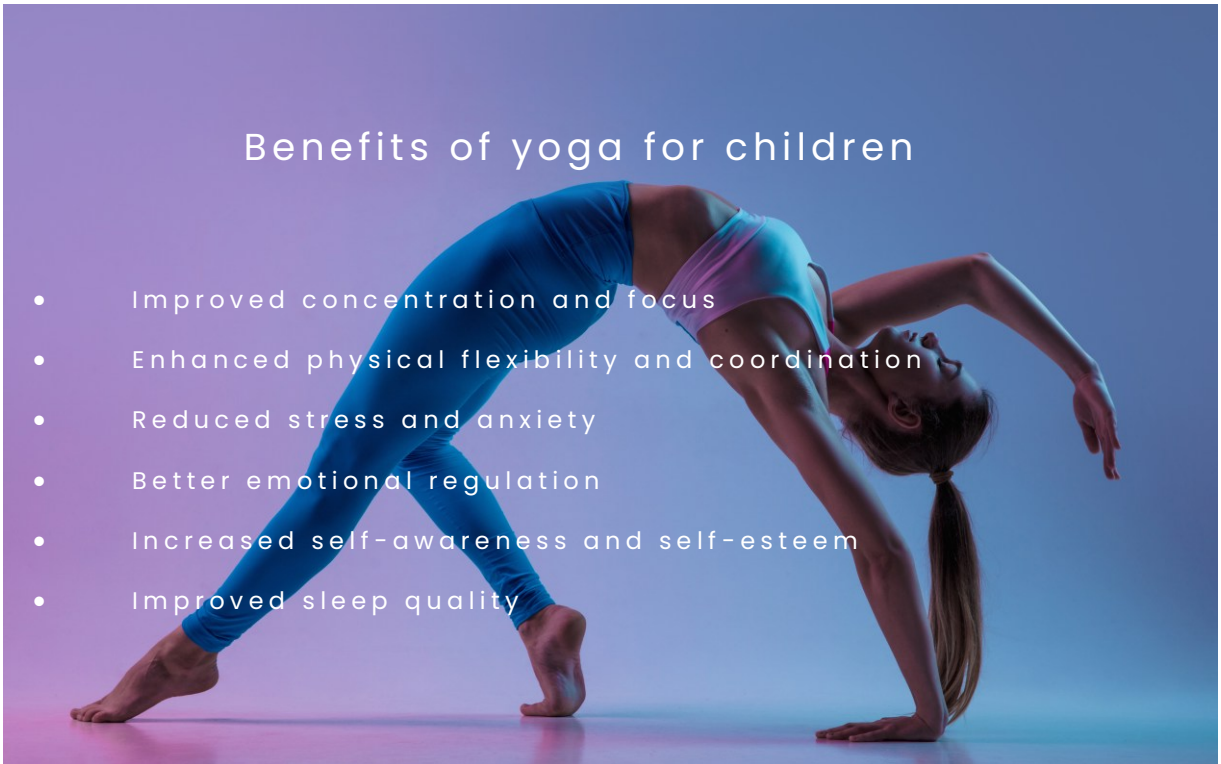
BY

GALA ACADEMY



Benefits of yoga for children

- Improved concentration and focus
- Enhanced physical flexibility and coordination
- Reduced stress and anxiety
- Better emotional regulation
- Increased self-awareness and self-esteem
- Improved sleep quality



Every THURSDAY 07:45 to 08:45

From 18th SEPTEMBER 2025 to

4th DECEMBER 2025

No session on 30th OCTOBER 2025 – Half term



Scan QR to register

<https://www.gala-academy.co.uk/wps-booking>