

SENSORY YOGA

AND MINDFULNESS



C H E R O L Y M P U S
F I T N E S S



BENEFITS OF SPECIAL YOGA

Mind, Body, Breath

Does your child suffer from anxiety?

Difficulty with attention and focus?

Low self-esteem or mood?

Sensory processing issues?

This 3-day yoga and mindfulness camp aims to:

- increase overall well-being*
- improve posture*
- increase flexibility, balance and co-ordination*
- teach the art of breathing/calm*
- practice calm*
- increase confidence and self-esteem*
- improve concentration*
- increase imitation skills*
- improve quality of sleep*
- motor skill development*
- improve overall positive mental health*

*Spaces are limited so advanced booking is
recommended*

TUE-THUR, 6TH-8TH AUG

1.30-2.30PM

SENSORY ACTIVITIES/PLAY

YOGA STORY/POSES

MINDFULNESS ACTIVITY

RELAXATION

SMALL CLASS SIZE

ASD FRIENDLY

RAN BY YOGA INSTRUCTOR/2 BEHAVIOUR SPECIALISTS

£55/COURSE

OR £50 EARLY BIRD RATE BEFORE 20TH JULY 2019

LOCATION

HAVANA VINYASA YOGA STUDIO,
95A MOY ROAD, PORTADOWN

SUITABLE FOR

KIDS AGE 4-11 WITH A SPECIAL NEEDS DIAGNOSIS

CONTACT US AT

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