



TOE-YOGA

BREATHING  
TECHNIQUES

MANDALA  
MAKING

PARTNER ACRO YOGA



Olivia Jane  
y o g a  
F O R K I D S



ADVENTURES & GAMES

RELAXATION

YOGA  
PARTIES

MINDFULNESS

AFFIRMATION  
BRACELETS

YOGA  
JOURNEYS



Olivia Jane  
y o g a

F O R K I D S

Bishop Wood Junior School



*"Olivia - you are a beautiful soul and have given my children so many easy tools they can access if they need to calm down. They always have such a positive response to your class! We all love you thank you xxx"*

L.C.

*"My daughters have been attending Olivias yoga lessons for 16 weeks now They are loving it, feeling relaxed and learning the yoga techniques, breathing and relaxation!!!"*

*Olivia is a delight to deal with too"*

G.B.

## Benefits of Yoga:

- Increases **confidence** and **positive self-image**
- Feel part of a **healthy, non-competitive** group
  - Improves **concentration** and **attention**
  - Develops **self-discipline** and **self-control**
- Teaches how to **relax** and **reduce stress** and **anxiety**
  - Improves **strength, flexibility** and **coordination**
  - Helps to **balance body** and **mind**
    - Develops **body awareness**

**Olivia Jane**  
07852583802  
Instagram: @oliviananeyoga  
Facebook: Olivia Jane Yoga

## Meet Olivia



Certified Kids Yoga teacher with a passion for working with children and adults. Specialising in Kids Yoga, Family Yoga, Guided Meditations, Breathe & Stretch for Teens, School Yoga classes, School Camps, Workshops, Yoga Parties and Private Tuition.

## Yoga Club - Spring Term 26

**Monday Lunchtime - Main Hall**

12:20-12:50 pm Years 3 & 4

12:50-1:20 pm Years 5 & 6

£8 per week - 10 weeks

Yoga Club will take place from 12th January to 23rd March in the School Hall. Get in touch to secure your child's spot - [oliviananeyoga@gmail.com](mailto:oliviananeyoga@gmail.com)