



Olivia Jane y o g a FÖR KIDS





Olivia Jane
y o g a
FÖR KIDS
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.

Olivia Jane
07852583802
Instagram: @olivianeyoga
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.

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**

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 - olivianeyoga@gmail.com