



TOE-YOGA

BREATHING  
TECHNIQUES

PARTNER ACRO YOGA

MANDALA  
MAKING



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 - Autumn Term

**Monday Lunchtime - Main Hall**  
12:15-12:45pm Years 3 & 4  
12:45-1:15pm Years 5 & 6

£8 per week - 11 weeks

Yoga Club will take place from 15th September to 8th December in the School Hall. Get in touch to secure your child's spot - [oliviananeyoga@gmail.com](mailto:oliviananeyoga@gmail.com)