



Hello, I'm Natalie, owner of Kidz Love Yoga. I've been teaching children's yoga in schools and nurseries for fifteen years. I am very much looking forward to offering afterschool yoga sessions on Thursdays from 6th November with the children at Wolston St Margaret's School.

At the heart of Kidz Love Yoga sessions are the children themselves. My interactive, inclusive yoga sessions not only focus on the physical yoga postures but also on yogic breathing, mindfulness, meditation and relaxation. Yoga is a fantastic way to teach our children about the world, nature, their emotions, mind and their physical bodies allowing them to radiate happiness, kindness, confidence, resilience and have fun!

To book your child's place please click on the booking link below

https://www.loveyouloveyoga.com/service-page/wolston-st-margaret-school?referral=service_list_widget

