

YOGA

**Mondays from 30th September
3pm - 4pm in the gym**



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www.yogakidz.co.uk
Yogakidz Ltd
Creating happy, healthy, relaxed young bodies & minds

Supported and funded by the Outer North
West Area Committee



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The benefits of yoga for teenagers include

- Helps to relieve stress and reduce anxiety
- Promotes good sleep
- Boosts memory and improves focus
- Relieves physical tension
- Builds strength and increases flexibility
- Develops skills to live confident lives

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