



## Toddler yoga

With Bernadette King, BWYDip, ITECDips APM & IHM, FEDANT registered 11790

Please visit [www.peacefulpractice.co.uk](http://www.peacefulpractice.co.uk) for full details about this course.

Yoga equipment is provided. Do ensure you and your child wear clothes permitting ease of movement - no jeans, zips, belts. Sequences are practiced in bare feet.

Places are limited so, regrettably, reservations cannot be made without payment.

If your child has a favourite doll or teddy with moveable limbs, you may want to bring it along as they can also be useful in introducing very young children to yoga. Younger or older siblings, Dad, Grandma or Grandad are all welcome as well as or even instead of Mum. In fact, it could be a whole family experience!!

Please add an extra £30 to the overall fee if a second adult family member will be attending all 6 sessions. Or payment is £5 for any session they attend.

Extra child pays extra £5 per session. Babies free.

There are lots of action-packed movements and songs to stimulate digestion, respiration, circulation, balance and dexterity as well as their listening skills and of course strengthening growing bodies in safe ways.

The classes are also great for developing social interaction.

## Course 1

<b>Venue</b>	<b>Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE</b>
<b>Dates</b>	<b>Fridays 2 February– 16 February 2018</b>
<b>Sessions</b>	<b>3</b>
<b>Time</b>	<b>10:00 – 10:45</b>
<b>Cost</b>	<b>£35</b>
<b>Closing date</b>	<b>27 January 2018</b>

## Course 2

<b>Venue</b>	<b>Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE</b>
<b>Dates</b>	<b>Fridays 2 March– 23 March 2018</b>
<b>Sessions</b>	<b>4</b>
<b>Time</b>	<b>10:00 – 10:45</b>
<b>Cost</b>	<b>£46</b>
<b>Closing date</b>	<b>27 February 2018</b>



## Parking and public transport

Free all-day parking is available on Mycenae Rd just outside Mycenae House. Free parking for up to 2 hrs is also available on Mycenae Rd and Westcombe Park Road. There is also free all-day parking on Beaconsfield Rd, which is next to Mycenae Rd.

**Bus** 53, 54, 108, 202, 286, 386, 422. | **BR** Westcombe Park (5 mins walk)

## Booking form and payment

**Payment may be made by internet banking:**

**Account name: Bernadette King | Sort code: 30-93-70 | Account: 10924568**

After payment has been made, booking forms can be posted to Bernadette:

**B. King, 12 Christchurch Way, Greenwich, London SE10 9AL** or emailed to:

[info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk).

Confirmation of all bookings will be made by telephone or email.

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## Peaceful Practice: Toddler Yoga

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**Venue:** Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE

**Time:** 10:00 – 10:45

**Dates:**

I would like to book a course on the following dates:

**Fridays 2 February – 16 February 2018 (3 sessions) - £35**

**Fridays 2 March – 23 March 2018 (4 sessions) - £46**

Total amount due:

I have paid the full amount by bank transfer

I have read & agree your Terms & Conditions at: [www.peacefulpractice.co.uk/faq/#terms](http://www.peacefulpractice.co.uk/faq/#terms)

**Name**

**Email**

**Tel**