

Toddler yoga

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

Please visit 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.

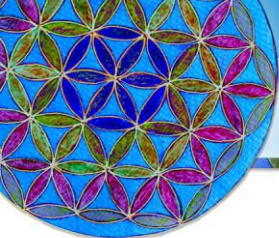
The classes are also great for developing social interaction.

Course 1

Venue	Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE
Dates	Fridays 13 April – 04 May 2018
Sessions	4
Time	10:00 – 11:00
Cost	£46
Closing date	08 April 2018

Course 2

Venue	Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE
Dates	Fridays 11 May – 25 May 2018
Sessions	3
Time	10:00 – 11:00
Cost	£35
Closing date	04 May 2018



Course 3

Venue	Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE
Dates	Fridays 08 June – 29 June 2018
Sessions	4
Time	10:00 – 11:00
Cost	£46
Closing date	04 June 2018

Course 4

Venue	Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE
Dates	Fridays 06 July – 20 July 2018
Sessions	3
Time	10:00 – 11:00
Cost	£35
Closing date	01 July 2018

Parking and public transport

Two Hour Free Parking from Mon-Sat 9am-6.30pm on Mycenae Rd. The yellow line at the top of Mycenae Road is free to park on after 9.30am. Free Parking bays situated on Hardy Road. There is also free all-day parking on Beaconsfield 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.

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

Peaceful Practice: Toddler Yoga

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

Time: 10:00 – 11:00

Dates:

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

Fridays 13 April – 04 May 2018 (4 sessions) - £46

Fridays 11 May – 25 May 2018 (3 sessions) - £35

Fridays 08 June – 29 June 2018 (4 sessions) - £46

Fridays 06 July – 20 July 2018 (3 sessions) - £35

Total amount due:

I have paid the full amount by bank transfer

I have read & agree your Terms & Conditions at: www.peacefulpractice.co.uk/fag/#terms

Name

Email

Tel