

Yoga Warriors

Mondays, term time, 4:30-5:30pm

**Oxford House Creative Hub, 29 Manor Street, Stonehouse, Plymouth
PL1 1TW**

£7/class, community concessions available – please ask!

A fun, family friendly class for 7+ year olds.

Children's Yoga classes are fun, creative, and non-competitive sessions offering the opportunity to learn postures, breathing techniques, relaxation, and mindfulness practices.

Booking & Enquiries

To book, contact The Tree Project CIC:

<https://thetreeprojectcic.org/contact/>

The Tree Project

www.thetreeprojectcic.org

T. 07722 846879

E. hello@thetreeprojectcic.org



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The club has insurance, DBS, first aid, up to date safeguarding training and procedures, please ask about our certificates & policies.

  