



FUN KIDS YOGA CLASSES

GET HEALTHY



FEEL CALM



HAVE FUN



Early Years Yoga Benefits

- Strong, flexible, healthy body
- Feel calm and peaceful
- Healthy nervous system
- Strong immune system
- Self discovery
- Self confidence

All Little Trees Early Years Yoga classes are thoughtfully developed, written, and delivered in alignment with the Early Years Foundation Stage (EYFS) framework, with clear links to the relevant areas of learning and development making observations quick and easy.

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