

Family Yoga



**At Hyndburn Voluntary and Community Resource Centre (HVCRC),
St James Old School, Cannon Street, Accrington. BB5 2ER**

Fun, active session for the whole family. Share experiences in an exciting, light hearted way. Any family member is welcome, no experience is necessary – just come and have-a-go.



What to expect! *fun *yoga postures *yoga games *breathing games *music *instruments *stories *story props *quiet time *meet new people *build strength, stamina, confidence, balance, co-ordination and flexibility over time.

**Saturdays 12th, 19th and 26th March
3pm-3.45pm**

£3 per child + £1 per accompanying adult

Yoga with Bernie

B.A. (Hons) Early Years and Education Studies. Early Years Practitioner Status (EYPS). Rainbow Kids is accredited by Yoga Alliance UK

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