



## GRAND AVENUE YOGA CLUB

11 week course Tuesday 14<sup>th</sup> April – Tuesday 7<sup>th</sup> July 2026  
(no classes 26.05.2026/16.06.2026/23.06.2026)

Yoga at an early age encourages self-esteem and body awareness with a physical activity that is non-competitive. Fostering co-operation and compassion – instead of opposition – is a great gift to give our children. Physically, it improves their flexibility, strength and coordination and enhances confidence and concentration. Yoga can help counter the stress experienced by young ones living in a hurry-up world. When children learn techniques for self-health and relaxation, they can navigate life's challenges with a little more ease.

The club is run by Tracy Stapleton who has worked in the fitness industry for 27 years and has been teaching children's yoga for 24 years, is fully insured and enhanced DBS cleared. Also being a Level 3 Childcare Practitioner Tracy has knowledge about how children learn physically, cognitively, socially, and emotionally which enables her to create a fun and safe environment in which the children can learn and grow.

Tracy will introduce the children to yoga postures, breathing and relaxation techniques through creatively designed FUN classes. The term will end with a short presentation to the parents/carers and certificates/awards will be given out.

**Sessions cost £7.50 each. 11 week course – £82.50**

**Yoga club has been running at Grand Avenue for 13 years and is a popular club, places offered first come, first served. When all places are taken, names can be placed on a waiting list until a space becomes available.**

To secure a place please email Tracy on the following email address  
[yogaadventures33@gmail.com](mailto:yogaadventures33@gmail.com) or text me on 07946343821.