

For more details and to book, please call or email:
07834986071 / claryyoga@outlook.com



AFTER SCHOOL TERM-TIME YOGA - SUMMER 2026 AT COLEHILL METHODIST HALL, BH21 7AT

MONDAY

Little yogis!

3.45-4.30pm

for children aged 4-8
(school years R-3)

13/04/26-06/07/26

First
class
free!*

THURSDAY
Tweens

4-5pm

for children aged 8-12
(school years 4-7)

teens

5.15-6.15pm

for 12-16 years
(school years 8-11)

16/04/26-09/07/26

*First class free is offered as a trial for children who haven't previously attended an Enguard Kids Yoga class. Valid for classes on Monday 13 April and Thursday 16 April, subject to available spaces.



Clary Hughes - Specialist Yoga Teacher (Children and Teens)
Enguard Kids Yoga - fb/insta: /enguardkidsyoga
DBS checked and cleared - Safeguarding certificate
Paediatric first aid trained - Insured

for self-awareness - mind and body

for poise, strength and flexibility

for focus, balance and confidence

to understand the importance of rest

in support of growing, learning and sports