

It's hard to be a kid these days!

Our children live in a hurry-up world of busier parents, greater school pressures and technology.

The bustling pace of our children's lives can have a profound effect on their innate joy and usually not for the better.

As a Teacher for more than a decade I found many children struggling in different areas and decided to explore avenues to help them. I Found YOGA.



YAY-YOGA

Hayley Clark 0844580804
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The Holistic Child



KIDS YOGA CLASSES

Kloof Pre-Primary School

Hayley 0844580804

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Children learn through having fun.

Every yoga class takes the children on a new adventure which I incorporate yoga poses.

A drive through the game reserve, Deep sea diving, a mission to mars

My classes are fun and creative and the children are encouraged to use their imaginations and help tell the story on each adventure.

THE BENEFITS OF YAY YOGA

- MAINTAINS FLEXIBILITY AND STRENGTHENS GROWING BODIES.
- TEACHES PRESENT MOMENT AWARENESS
- ENHANCES CONCENTRATION
- INCREASES SELF-ESTEEM
- CULTIVATES A PEACEFUL, RELAXED STATE OF BODY AND MIND
- GIVES TOOLS FOR STRESS MANAGEMENT
- SPARKS CREATIVITY IN RIPE IMAGINATIONS.
- ENCOURAGES KIND PEER AND SOCIAL INTERACTIONS.
- ENHANCES BODY AWARENESS.
- TEACHES DISCIPLINE AND RESPONSIBILITY.

Registration Form

Child's Name

Age: DOB.....

Parent's Name

Mobile Phone

Email

I hereby apply for the above child to be enrolled with YAY-YOGA and agree to one terms written notice and to pay the prescribed fees of:

R470 per term

R170 Registration (include t-shirt)

Signed on theday of
.....20

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Signature of parents/guardian