

YOGA & MINDFULNESS CLUB

@ Thamesmead School

About Our Club

Our club is a friendly and inclusive place that welcomes anyone interested in practicing & learning about yoga and mindfulness

Activities

Yoga poses & their benefits
relaxation techniques
Partner Yoga & games
Mindfulness challenges

Location & Meeting Time

We meet outside the sports office every Monday between 2.45-3.45pm



Benefits of Practicing Yoga

Practicing Yoga helps support positive mental health, stress management, mindfulness, and increases the quality of your sleep!

Half termly block
@£7.50 per session



for more information:
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Claire Marismari

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Children & Family Yoga Teacher
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