

Relax Kids Classes

relax Kids

Help your child:

- ★ relax and be calm
- feel confident
- focus and concentrate
- be imaginative
- develop creativity
- sleep better



Classes follow the Relax Kids 7 Steps to Relaxation including:

Move - warm up exercises for energy and fun

Play - mindful games for creativity and concentration

Stretch - for balance and inner strength

Feel - peer/self massage for self awareness, empathy and respect

Breathe - for anxiety and inner calm

Believe - for self esteem, confidence and positivity

Relax - for imagination



Give them tools for life!
www.relaxkids.com

Relax Kids Basingstoke sessions:

- Thursdays 7,14,21,28 June & 5 July 4-5pm Popley - 5 week course
- Friday 15 June 4-5pm Popley - Anxiety/Worry session
- Friday 22 June 4-5pm Popley - Family Relaxation

Sessions are £8.50 per child/course is £37.50 per child.

I am happy to run sessions in other areas but would need minimum numbers.

1-2-1 sessions also available (please contact me for more information)

For bookings please go to www.bookwhen.com/rkbasingstoke

MOVE — **PLAY** — **STRETCH** — **FEEL** — **BREATHE** — **BELIEVE** — **RELAX**

