

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX

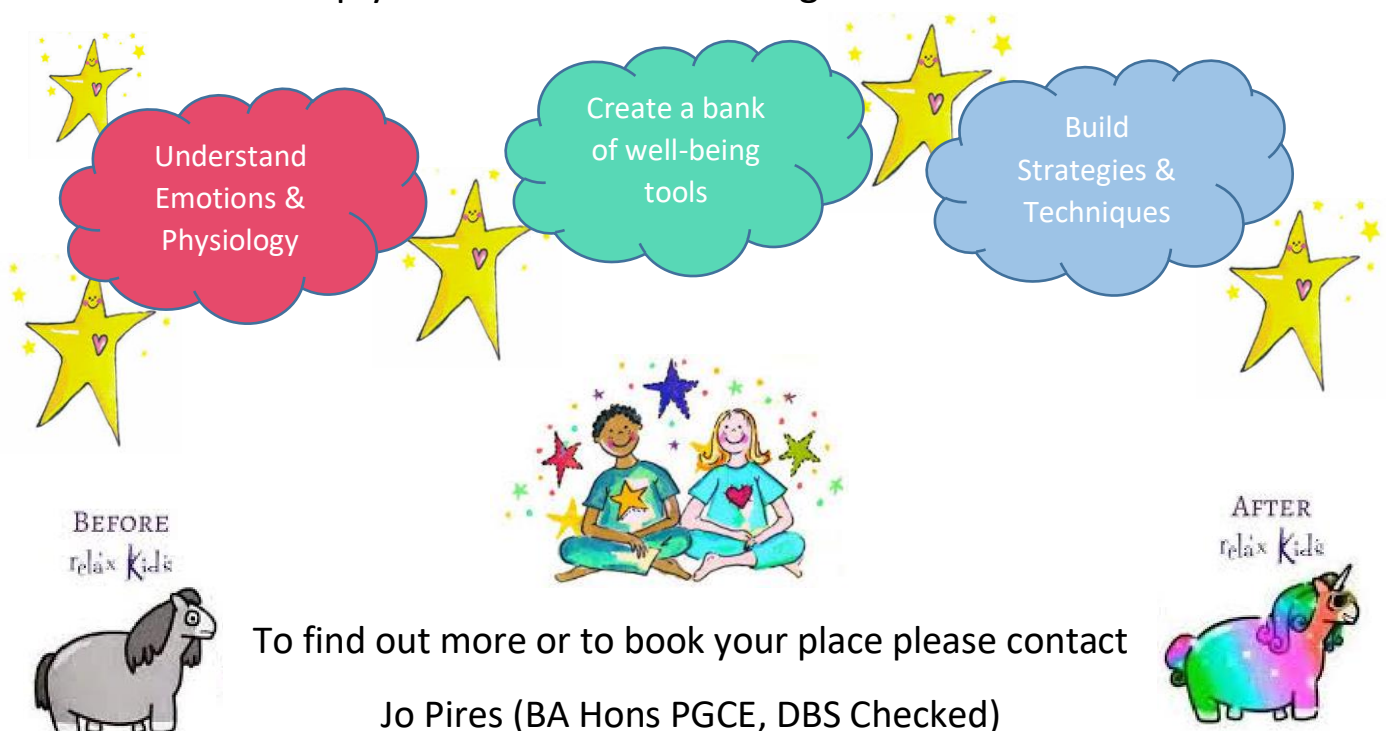


**IS COMING TO CERNE VILLAGE HALL!!**

**After School Club, starting 30th April**

**Thursdays at 3.45 to 4.45pm, £50 per ten weeks**

Relax Kids is a guided programme using movement, play, yoga, meditation and affirmations to help your children to manage emotional and mental health:



To find out more or to book your place please contact

Jo Pires (BA Hons PGCE, DBS Checked)

[jojompire@gmail.com](mailto:jojompire@gmail.com) or 01300 342 010.

\*Please note, Cerne Abbas First School children can be brought to the hall by staff.

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