

# Tilly's Dance & Yoga Factory SUMMER TERM 2024

**WEDNESDAY BEFORE-SCHOOL  
YOGA CLUB @ MAPLE PRIMARY SCHOOL  
8.05-8.45am**

*All Years Welcome - Boys and Girls Welcome*

**£50 for the 8 week term**  
*(10% sibling discount available)*



For over 7 years, Tilly has been specialising in children's yoga & mindfulness, teaching weekly classes across Hertfordshire both to students & staff. Weekly classes will focus on energising sun salutations, yoga challenges, partner yoga, acroyoga, breathing techniques and relaxation.

*Namaste.*

[www.tillysdancefactory.co.uk](http://www.tillysdancefactory.co.uk)

Call Tilly: 07792265256

