

Breathe

A well being club for Years 1 & 2

Mondays 3.15-4.15 p. m

In Breathe club I teach children tools to understand their brain, emotions and learn to regulate and relax.

Your child will
MOVE, PLAY, STRETCH,
learn a story massage, a breathing technique
and RELAX whilst having fun.



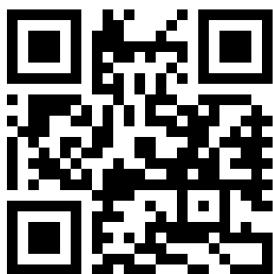
“I wish it could be Breathe club everyday!”

“* was really enthusiastic about all of it- and is already looking forward to the next session!”

Year 1 Breathe club members

“Thank you for doing such a great job and for making my child feel welcome and comfortable.”

**Year 2 Parent
£7.50 per session**



Book Spring Term £67.50 (9 sessions)
5th Jan, 12th Jan, 19th Jan, 26th Jan, 2nd Feb, 9th Feb,
Half Term
23rd Jan, 2nd March,
No clubs 9th and 16th March
23rd March,

Book via the website or email Mel

**relax Kids
coach**

Email:beautifulbrainmel@gmail.com

www.mybeautifulbrain.co.uk

