

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 Autumn 26 (10sessions) £75

Mon 7th Sept, Mon 14th Sept, Mon 21st Sept,

Mon 28th Sept, Mon 5th Oct,

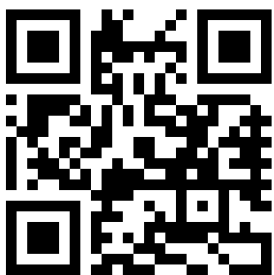
Parents evening week

Mon 19th Oct

Half Term

Mon 9th Nov, Mon 16th Nov, Mon 23rd Nov

Mon 30th Nov



Email: beautifulbrainmel@gmail.com

[Book via the website or email Mel](#)

relax Kids
coach

www.mybeautifulbrain.co.uk

