

Ella's Story Time Yoga



Learn, Develop, Grow!



YOGA FOR CHILDREN THROUGH STORIES AND GAMES



Yoga and mindfulness have been shown to improve both physical and mental health in children as well as improving balance, strength and endurance.

We offer children's yoga for ages 1-9 years in and around London, Hertfordshire, Bedfordshire and Buckinghamshire. We have packages and programmes for nurseries and schools as well as family yoga and private parties with prices to suit all budgets.

"A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behaviour, and can even reduce anxiety and stress in children." Harvard Medical School Publishing Marlynn Wei, MD, JD, Contributing Editor.

Call or email us for more information or to book a session

Lisa Peters, Founder
M: +447867555734

E: lisa@ellasstorytimeyoga.co.uk
www.ellasstorytimeyoga.co.uk

