

More about Yoga & Movement Adventures...

These classes develop children's body awareness, creativity & physical confidence. Freestyle and set movement is combined with drawing, vocalising and props within a supportive, playful and acoustic environment.

The children's ideas are central and everyone's movement style is valued and explored by all.

Each class is themed and covers a number of the following; gross and fine motor skills, core strength, integration & co-ordination, the expressive & experiential body, fitness & mobility, anatomy, laws of physics which govern the body and our environment.

Goals:

- Increase self confidence in own moving/dancing style
- Broaden movement vocabulary
- Emphasize individual expression so they are happy to do whatever they want and that what comes naturally, is ok
- Develop body awareness including proprioceptive sense
- Encourage them to listen to and respect others ideas and movement styles