



Yoga with Debs

Deborah teaches all age groups from babies to teens and adults, including children with additional needs. Her classes are influenced by the styles of yoga she has practised over the years and the teachers who have inspired her. She teaches from the heart and with a sense of humour.

"I believe yoga is creative, fun and educational, suitable for all ages and capabilities. Yoga gives us the understanding and practical applications to be the best people we can be and to live by our values. Children live in a busy world the same as adults. Helping them to be still, to feel good and feel balanced provides them with essential life skills."

Yoga can benefit children in so many ways

- Feeling stronger, fitter & more relaxed
- Building their strength & flexibility
- Developing their confidence & self-esteem
- Improving their balance & coordination
- Sharpening their concentration
- Sparking their creativity & imagination
- Sleeping better

And of course it's lots of fun!

www.yogawithdebs.org.uk