

Fun activity for parents and pre-schoolers ....

## YOGABUGS IS HERE!

[www.yogabugs.com](http://www.yogabugs.com)



A fun adult and child (3 to 5 years) exercise class where you will enjoy acting out our exciting stories with yoga exercises and postures - just like on **Waybuloo!** Classes always end with a short relaxation period to help calm the mind and body. No previous yoga experience necessary!



# Barlaston Children's Centre

## Thursdays 9.45am

Please call to book your place as numbers will be limited:-

Tel: **0845 863 0686** (local rate call) Mob: **07973 478 444** Email: [pat@yogabugs.com](mailto:pat@yogabugs.com)

The class is funded by Stone C&LP