

Relax Kids Classes - coming soon

Relax Kids Classes can help children manage stress and anxiety, while improving their concentration, focus and listening skills. The exercises also stimulate children's imaginations and encourage self-expression and self-confidence.

I will teach children from all ages, using guided meditation, positive affirmations, massage and simple breathing and stretching exercises, Relax Kids is the first company of its kind to introduce Mind, Body and Spirit to children. The classes will incorporate movement, games, stretching, breathing, massage, affirmations and visualisations.

Children using natural energy can take them from high energy to low energy.

Please contact Christine Bardoe if you're interested: christinebardoe@yahoo.co.uk