



Yogabugs is a fun and creative class that develops confidence and self esteem through embodied movement and expression. The children are introduced to traditional yoga poses, breathing techniques, meditation, mantra, mudras and journaling. The classes are planned around the ancient wisdom and knowledge of Ayurveda, according to the season. I have a love for language and take pleasure in writing original and well know stories. The stories engage the children's imagination and creativity, giving them the confidence to express themselves through the movement.

The class is carefully structured to develop coordination, balance, strength, flexibility taking into consideration the individual needs. Through yoga I teach the children how to calm the nervous system as well as offering tools to support emotional regulation.

Some of the overall benefits of yoga are improved concentration, better sleep patterns, greater self-esteem, reducing stress and anxiety, support emotional regulation and improves low mood, as well as a great form of exercise.

### Yogabug Classes.

I am very pleased to offer two classes at Maidenbower Junior School on Tuesdays. There are limited number of places available and will be allocated on a first come first serve basis. If your child would like to join then please contact me for more information.

Lunch club - Tuesdays 12-1pm After School - Tuesday 3.15-4.15pm

Tracey Williams 07813187315 or [williamst93@hotmail.com](mailto:williamst93@hotmail.com) insta @thestudioworth

### About Me

I am a Primary school teacher and trained in adult and children's yoga. I have been teaching yoga for twenty years in schools and nurseries in and around the locality. I love yoga, walking, sewing, gardening, writing and travelling. I live with my husband, two daughters, a cat, 5 chickens and a tortoise called Winter.