

Relax Kids Classes

****FREE RELAX KIDS CLASSES****

Help your child:

relax and be calm
feel confident
focus and concentrate
be imaginative
develop creativity
sleep better



Classes Include:

movement and dance
drama games
stretching exercises
self/peer-massage
breathing exercises
positive affirmations
mindfulness and relaxation



Give them tools for life!



Comhairle Ceantair
**an Iúir, Mhúrn
agus an Dúin**

**Newry, Mourne
and Down**
District Council

**FREE CLASSES-
LIMITED PLACES.
PREBOOKING
ESSENTIAL**

**DATES:- WED 23rd, THURS 24th,
FRI 25th AUG.**

4-8 YEAR OLDS 10-11 am

8-11 YEAR OLDS 11.30-12.30 am.

**VENUE:- MAYOBRIDGE GAA
SOCIAL CLUB**

booking by email:-
[relaxkids-southdown-
olivia@hotmail.com](mailto:relaxkids-southdown-olivia@hotmail.com)

or message olivia:-
[www.facebook.com/relaxkids-
southdown](https://www.facebook.com/relaxkids-southdown)

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX