



As SEEN on BBC
 UK's LEADING EXPERT in CHILDREN'S RELAXATION
 "HIGHLY RECOMMENDED" DAILY TELEGRAPH
 Award Winning*

Relax Kids
 www.relaxkids.com

LITTLE STARS

TEACHING CHILDREN TO SHINE



Little Stars
 fun classes for children
 aged **2.5 to 6 years** &
 their parent /carer
 for calm, confident and
 creative children

HELPS:
 HYPERACTIVITY
 ANXIETY
 TANTRUMS
 SLEEPING PROBLEMS



A Relax Kids session includes:
 dance and movement, singing,
 relaxation games, stretches,
 gentle peer massage, positive
 self-talk, story visualisations



Our Relax Kids sessions will take place at **Flo's**, Rymers Lane,
 Cowley, OX4 3JZ on

10th November 2018 10:00 - 11:00 or 11:15-12:15

24th November 2018 10:00 - 11:00 or 11:15-12:15

1st December 2018 10:00 -11:00 or 11:15-12:15

8th December 2018 10:00 -11:00 or 11:15-12:15

£40 per adult/child pair per course of 4 sessions

Eventbrite booking fee of £2.52. Total of £42.52

To book your place please follow the link below

https://relaxkidscourse1_2018.eventbrite.co.uk for 10:00-11:00 class

https://relaxkidscourse2_2018.eventbrite.co.uk for 11:15-12:15 class

Facilitated by
 accredited
 Relax Kids Coach
 Fiona Brimson

