

## Zen Friends

### **What is Zen Friends?**

Aimed at ages 2 years +, **Zen Friends** is an interactive, creative movement and dance class designed to encourage imagination, mindfulness and relaxation. It uses yoga-inspired stretches and poses and contemporary dance to feed outside-the-box thinking when it comes to how to move your body.

**Zen Friends** is entirely child-led, with just a simple stimulus or prop to get their creative minds going. We run themed classes every term to help keep your little ones engaged and exploring.

### **What are the benefits?**

This innovative creative movement class will help to develop some of those core skills like social and body awareness, working with others and watching others' responses to the stimuli, as well as coming up with their own. It develops gross motor skills and problem solving as they think of different ways to use their body and limbs to embody stories and shape. This helps them to develop a sense of self and confidence as they make creative decisions and feel good about the outcome.

### **How is the session structured?**

Each term will have a different theme e.g., 'Seaside', 'At the Movies' and 'Space'. Each week the students will be encouraged with different stimuli within that theme e.g., "How would you move if you were ice cream"? Or our beginning yoga stretch could be led by a story of flying to the moon. Each class will finish with a short breathing exercise/meditation and we will

think about our kind and respectful intentions to ourselves and other around us, finishing calm and grounded (hopefully!).

This class is run during term times only.

One free trial before you commit to more.

Sessions are 30 minutes or 45 minutes depending on the age of the class or requests of the school.

Session prices are £25.00 for 30 minutes or £35.00 for 45 minutes.

Payment by session, monthly or termly by invoice.

For more information, please email [hello@thelottdance.com](mailto:hello@thelottdance.com).

Kindest Regards

Lottie Pegrum