



Kids yoga *parties*

Mindful movement, fun games, and emotional sparkle—for birthdays, celebrations, or just because.

Looking for a party that's playful and purposeful? Zen Club yoga parties blend movement, breathwork, and creative calm to help children feel strong, safe, and joyful. Each session is designed to nurture emotional wellbeing while keeping the fun flowing.

What's Included:

Every party features:
Short yoga flows
Fun yoga games
Breathwork and a relaxing visualisation
A crystal gift for each child
Stickers to celebrate their inner sparkle



Fun Creative Engaging

Choose your vibe:

 **Happy Heart** – Games, mindfulness and yoga flows with a focus on positivity, joy and self-love.

 **Stress Less** – Games, yoga flows and relaxation with a focus on calm and inner peace.

 **Rainforest Roots** – Games, yoga flows and mindfulness with a focus on animals, confidence, inner strength and goal setting.

All children will need to bring a yoga mat to the venue and wear comfy clothing.

The space you hire/provide will need to be of a size that can accommodate the number of children you have invited and their mats with room for games involving running, jumping and FUN!

Pricing

Duration (Including a break for food)	Up to 10 children	10-20 children+
1.5 hours	£150	£200
2 hours	£180	£230