



Have a go at pilates or yoga to stretch and relax



Cats stretch to condition their muscles. Have a go at an evening of pilates or yoga to stretch and condition your muscles.

Activity Type

Add image: /home/pawprintfamily/public_html/_theme/pdf/icons/activity-settings.png

Age

7 - 11

14 - 18

Time



Subject

Community

P.E.

Environment



Price



Soft Skills

Flexibility

Gross Motor Skills

Listening

Observation

