



## 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.

### Time



### Environment



### Price



### Activity Type

Add image: /home/pawprintfamily/public\_html/\_theme/pdf/icons/activity-settings.png

### Age

7 - 11  
14 - 18

### Subject

Community  
P.E.

### Soft Skills

Flexibility  
Gross Motor Skills  
Listening  
Observation

