

Evening Workshops



24 rue de Babylone et 8 Avenue de Villars 75007 Paris

49 rue du Ranelagh 75016 Paris

24 rue de Babylone and 8 avenue de Villars:

- Monday: Yoga
- Tuesday: Musical awakening
- Thursday: Cookery
- Friday: Musical introduction

49 rue du Ranelagh:

- Monday: Musical awakening
- Tuesday: Cookery
- Thursday: Musical awakening
- Friday: Yoga

Age: 3 to 6 years

Dates: Monday 17 September 2018 to Friday 21 June 2019

Times: 4:15 pm to 5:00 pm

Numbers: 10 children (5 children enrolled minimum)

Fee: € 570

There's no workshops during the school holidays. Full payment is required on enrollment. Please enclose with the enrollment form 2 cheques for € 285.

The 1st payment will be cashed on enrollment and the 2nd on 1 December 2018.

YOGA:

Movement and fun, relaxation, and the awakening of the senses.

Through relaxation movements and exercises for concentration, the children tell stories together. As the body moves, the imagination comes to life!

The session is based on 3 key phases:

- Relaxation (standing up or lying down)
- Feeling which parts of the body touch the ground, breathing
- Moving and imagining, creating a story all together
- From a framework introduced by the teacher, the children invent and take on the role of characters, animals and object
- Awakening of the senses through group exercises that call on the senses and the imagination

The benefits of yoga for children:

- Develops strength, flexibility and dynamism
- Improves concentration and attention
- Cultivates self-confidence and openness to others
- Encourages the expression of creativity
- Helps relaxation and sleep

Through regular practice of the positions, and learning about deep breathing, the children acquire better self-awareness and better self-confidence.

MUSICAL INTRODUCTION:

This workshop allows children to discover their emotions, their senses and music through games, listening, imitation, singing, the rhythms of the body and instruments, expression and touch.

- Songs and mimes, rhythm with the body, games with small musical instruments (all types of percussion, harmonica...)
- Practical approach to instruments through touch to bring depth to the discovery
- Improvisation, creation of instruments (shakers, rainsticks, mini djembes...)
- Listening to instruments and recognising them visually and by their sounds
- Knowing how to class them by family, listening to different types of music to open the children up to different cultures and time periods
- Listening to musical tales

COOKERY:

The children will be delighted to make sweet and savoury dishes that they can take home to taste.

During this workshop, the children will discover different flavours, textures and smells. They will be able to take the recipe home with them to reproduce the dish themselves!

Please do not hesitate to contact us should you require any further information.