

The secret to happiness: spread kindness every day



Watch a demo of the Yoginis Yoga promise at [www.yoginisyoga.uk/free-resources](http://www.yoginisyoga.uk/free-resources) and start spreading kindness today!

Helping educational establishments to build happy, healthy, content children with easy-to-follow, fun, all-inclusive grab & go yoga programmes

Visit [www.yoginisyoga.uk](http://www.yoginisyoga.uk) to find out more



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