

Restoration Yard offers R & R for your children this summer

The lovely location of Restoration Yard makes you breathe deeply and relax, but now they hope to extend that feeling to children. The team at the Wellbeing Lab in collaboration with Relax Kids Midlothian is now offering some relaxation and positivity classes.

This involves dance, movement games, stretches, and more in classes which take children through a seven step process from high to low energy.

Each step is designed to encourage calmness and confidence.



Summer R & R sessions at Restoration Yard

Summer Positivity sessions, aimed at kids of primary school age will run from 9.30am until 11.30am on 23rd, 24th, 30th and 31st July; while Summer Chill Skills sessions on Wednesday 25th July and Wednesday 1st August have been created with slightly older children, from primary 6 to S2, in mind.

Jen Wood, manager of the Wellbeing Lab at Restoration Yard,

said: “We received great feedback from the children who took part in our Easter sessions with Relax Kids Midlothian, as well as their parents, so we knew there was bound to be demand for similar sessions during the even longer summer break.

“These wellbeing and relaxation sessions have so many benefits for children, by letting creativity and imagination flow, and taking time to teach new skills. They help children to learn how to keep calm and feel more confident – vital lessons as they wind down after the school year and prepare for the term ahead. It’s fair to say that wellness isn’t just a focus for grown-ups.

“Parents bringing their children to class can also benefit if they stick around to enjoy Restoration Yard, or a walk in the beautiful woods – it’s a chance for some ‘me’ time. And, if the children have any leftover energy to burn off, there’s a packed programme of Easter activities throughout the Park as well as all the fun of Fort Douglas.”



Classes will run in July and August

Relax Kids classes at the Wellbeing Lab cost £12 per session, with discounts available for siblings and block bookings. Children taking part should wear comfortable clothes for moving and stretching, and can also bring a small snack for the morning.

The Wellbeing Lab's programme of classes with Randori Judo

will also continue throughout the summer holidays. The club, which has been running at Restoration Yard since February, meets at 1.15pm on Friday afternoons. A four week introductory course is available for £10.

For more information on the sessions, and to book, visit www.restorationyard.com

To find out more on Relax Kids, visit www.relaxkids.com

For more info on what's on at Restoration Yard and the Park, visit www.dalkeithcountrypark.co.uk and www.restorationyard.com



Time to snooze...