

The Fulham resident

LOCAL
LUXE



YOGA STORIES

Children can have fun and also build their strength and flexibility at the fantastic classes run by YogaBugs. Favourite stories such as *The Gruffalo* and *Giraffe Can't Dance* are imaginatively brought to life through yoga movements, dance and song, with visualisation techniques that help

children to express themselves and build their confidence. Classes are for children aged one to seven in three local venues, priced at £5 or £7 according to age (with a trial class for free).

✦ To find a YogaBugs class near you please call 0845 899 7164 or visit yogabugs.com

Just Juniors

BEST HEALTH BOOTS

oqibo



Super Juice

What better way to get your five-a-day than in just one glass of smoothie or juice? Fulham-based yoga and health coach Jo Arthur is running fun smoothie workshops for all the family, either at Retreat Café in Parsons Green or in the comfort of your own home.

✦ 07775 882 959; purepoweryoga.co.uk



Storage solutions

If your Fulham home is in need of some serious decluttering, with toys spilling out from every corner, help is at hand at ASpace on the Fulham Road. The British designed range of storage furniture and boxes is both stylish and colourful, really helping to optimise space in bedrooms or playrooms. Look out for some great new year discounts too.

✦ 725 Fulham Road, SW6 5UA; 020 7731 7768; aspace.co.uk

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