## The Fulham

## YOGA STORIES

LUXE

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 *Gingler 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 45 or 47 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

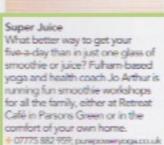


## **BEST HEALTH BOOTS**





are brand Oqbo is ms, whether for postr just to put a bit of it into tired skin. The inch in vitamins and theip to build up the defences. The rangepriced (£23 to £36).





## Storz ge solutions

If your Fulham home is in need of rome 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, nearly helping to optimise space in bedrooms or playrooms book out for some great new year discounts too. your five-a-day than in iust 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 Cafe in Parson's Green or in the comfort of your own home."

"What better way to get

discontration of the