

**AFTER
SCHOOL
CLUBS**

**AUGUST
2026
FEBRUARY
2027**

**MARCH –
JULY
2027**

MONDAY



YOGA & SOUND BATH

TIME
MONDAY - 16:00-17:00

LANGUAGE
English

COST
CHF 40 per lesson

CONDITIONS
Club must be booked for the
entire course semester.

AGE
6 - 10 years

LOCATION
Tandem IMS
Seefeldstrasse 111
8008 Zürich

MORE INFO:
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tandem-ims.ch



INTERNATIONAL
MULTILINGUAL
SCHOOL

YOGA & SOUND BATH



A joyful and nurturing wellbeing program for children, combining yoga classes with [Enikö Hajnal](#) and bi-monthly Sound Bath experiences with [Christine Grimm](#).

Through playful yoga, mindful movement, breathing exercises, relaxation, and mindfulness activities, children develop body awareness, balance, focus, confidence, and emotional wellbeing in a fun and supportive environment with experienced yoga teacher Eni

Every other month, Christine Grimm guides children on a calming Sound Bath journey using drums, percussion, singing bowls, tuning forks, and gentle chimes. These soothing sound experiences encourage deep relaxation, self-awareness, and a sense of calm while offering children a unique opportunity to rest, recharge, and connect with themselves.

Monday 16:00 - 17:00

*Dates that are underlined are when the sound baths will take place.

| SEMESTER 1 | |
|--|-------------------------------------|
| DATES 2026/2027 <small>28.09.26</small> <small>PR 4 FRENCH CAMP</small> | AUG 24 <u>31</u> |
| | SEP 7 21 28 |
| | OCT 19 <u>26</u> |
| | NOV 2 9 16 23 30 |
| | DEC 7 <u>14</u> |
| | JAN 4 11 18 25 |
| | FEB 1 <u>8</u> |
| | WEEKS 20 × 60 minute lessons |
| COST 800 CHF .- (CHF 40.- / 60 minutes) | |

| SEMESTER 2 | |
|--|-------------------------------------|
| DATES 2027 | MAR 1 8 15 22 |
| | APR 5 <u>12</u> |
| | MAY 10 24 31 |
| | JUN 7 14 21 <u>28</u> |
| | JULY 5 |
| | WEEKS 14 × 60 minute lessons |
| COST 560 CHF .- (CHF 40.- / 60 minutes) | |

Tandem IMS
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 Zurich Seefeld | Zollikon | Erlenbach

