



Dear Parents/carers for Reception children,

Reception Yoga Club: Thursday lunchtimes from 2 May to 23rd May 12.30pm - 1pm

Following the ongoing success of the KS1 & KS2 Yoga sessions, we are looking to offer a lunchtime Yoga Club for Reception children, initially for **4 weeks** (half term). The children will have their school lunch before the club.

As you may be aware there is already a Tuesday Yoga session for YR 1-6's that is currently full. In the sessions we do stories, yoga cards and games, promoting and explore better mobility & flexibility, sleep, relaxation, wellbeing and mindfulness with the children. I work with the children to enable them to manage their stresses and anxieties as well as developing strategies to help them focus when needed.

The club is designed to be fun and individually focused, so places are limited to 10 children per session. As this is a trial block of sessions, to gauge interest, the club will run with a minimum of 6 attendees. It will take place in the Reception classroom to minimise confusion for the children. Mrs Toynbee and Miss Cox will be given a list of attendees.

If there is enough interest then we will look to carry on the sessions for the remainder of the summer term, either with the KS1 group or separately (depending on room availability and interest within both groups).

Please return the slip below (or a named envelope) together with a payment of £14, if your child is interested in joining this club, *by Monday 2nd April*. (Cheques made payable to: YOGA MOTION). If you wish to pay by direct debit, then please email me for details.

Kind regards

Anna Kelynack-Boddy (Qualified Adult Yoga and Kids/Teens Yoga Teacher)

Contact me on: anna@yogicfrog.com or find out more at <http://www.yogicfrog.com/>

Reception Yoga Club: Thursday lunchtimes from 2nd May 2019

My/Our child would like to participate in the lunchtime Yoga Club

Child's name _____ Reception : Woodpecker / Robin

I/We enclose cash/cheque payment of £14 (this is needed to secure your child's place)

I/We have paid by Bank Transfer. (this is needed to secure your child's place)

Signed _____ Parent/Carer

Date : _____ / _____ / 2019