



Dear Parents,

Years 1-6 Yoga Club: Tuesday lunchtimes from 30th April – 16th July

Following the ongoing success of the KS1 & KS2 Yoga sessions, there will continue to be lunchtime Yoga Club from **Tuesday the 30th April for 10 weeks*** (across both half terms).

I am working with the school to provide more opportunities to promote and explore better sleep, relaxation, wellbeing and mindfulness with the children. We will also work on mobility and flexibility to aid sporting performance, increase focus and prevent injury. In what is an increasingly pressured and busy world, I work with the children to enable them to manage their stresses and anxieties as well as developing strategies help them focus when needed.

The club is designed to be fun and individually focused, so I take a maximum of 10 children per session. I will run TWO sessions, sorted by Yr. group and commitments: 12.10pm – 12.40pm and 12.40pm – 1.10pm. These will take place in the school library. Class Teacher will be given a list of attendees.

Please return the slip below (or a named envelop), together with a payment of £35 (or £14 for the half term – 4 weeks), if your child is interested in joining this club- by Monday 29 April.**

Kind regards

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

*PLEASE NOTE: There will be NO class on the 4th June 2019

** (Cheques made payable to: YOGA MOTION). If you wish to pay by direct debit then please email me for details.

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

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

Child's name, Yr. and class _____

I/We enclose cash/cheque payment of £35/£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 : _____