



Dear Parents/Carers,

KS2 Yoga Club: Tuesday lunchtimes from 10th September – 17th December 2019

Following the ongoing success of the KS1 & KS2 Yoga sessions, there will continue to be lunchtime Yoga Club from Tuesday 10th September for 14 weeks (excluding October half term)

I continue to work with the children to promote and explore better sleep, relaxation, wellbeing and mindfulness as part of the yoga sessions. We will also work on balance, 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 ONE Key Stage 2 Session from 12.10pm to 12.40pm on Tuesdays. These will take place in the school library.

All communicate with parents, in regard to Yoga Club, is undertaken by Yogic Frog. Therefore, if you have not already provided your details, please can you provide an email address by which you can be contact in case of any unplanned change to sessions etc.

All payment will be via online Bank transfer from this term. HOWEVER, if there is any problems with this or your would refer to pay by cheque or cash, please contact me directly on the details below and we will arrange for me to receive payment at school.

Please see Options below for payment:

10 Sep-17 Dec	14 Weeks (Full term)	£49
10 Sep-22 Oct	7 weeks (1/2 Term)	£24.50

Thank you for your continued support

Warmest regards

*Anna Kelynack-Boddy*

Qualified Adult Yoga and Kids/Teens Yoga Teacher

07985 243848

Contact me on: [anna@yogicfrog.com](mailto:anna@yogicfrog.com)

BANK TRANSFER DETAILS\*:

NAME: Yoga Motion  
SORT CODE: 20-25-85  
ACC NO: 43998959  
Ref: {your child's name}

\* Please note that in making a bank transfer you are agreeing to your child attend the yoga sessions. If there are medical or other issues that i should be made aware of before teaching your child, please ensure that these are emailed to [anna@yogicfrog.com](mailto:anna@yogicfrog.com) prior to the commencement of the first session.