

Email: lgyogaschool@hotmail.com

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Children's Yoga

Dear Parent

We have an exciting opportunity to offer an after-school Yoga Club for your child.

These sessions will be led by an experienced primary school teacher and qualified Kids Yoga Instructor.

The classes will be much more than simply postures and poses. Your child will have opportunities to play games, dance, perform strength and acrobatic skills and simply have fun. All the time, they will be working on their bodies, breathing and balancing their minds.

In some of the sessions the children will be encouraged to be tactile with their peers through simple massage techniques and supportive holds. This helps children to adopt a nurturing environment of trust and respect for one another. However, if you have any concerns over this, please don't hesitate to inform me by making a note on the slip below.

Children will need to wear clothes that allow them to move and sessions will be bare foot. If your child has sensory needs or a foot condition, grippy socks will work just as well. We also recommend that they bring along a drink.

The cost of each session is £4 and this can be paid by cash or cheque (payable to Fulshaw CE Primary School). The cost for the coming half term is £28 for 7 sessions starting on Tuesday 5th November 3.15pm-4.15pm. I will be running free taster sessions for all of the children in school during the afternoon of Wednesday 23rd October.

I look forward to working with your child!

Many thanks,
Lucy Jacobs

Yoga Club

Name of child

Signed

Contact number

Payment enclosed cash / cheque for £28