**Dear parents/carers,**

I’m happy to say that I will be offering after school yoga again ☺. Yoga has a wealth of benefits for children including calming the mind, dealing with emotions, raising self-esteem and moving the body. We will experience and explore yoga through poses, sequences, meditations, songs and games.

Yoga will commence on Friday 12th March from 3:30 – 4:45. Please provide your child with suitable clothing they can move in, water and a snack if needed. Yoga mats will be provided, but your child may bring their own if they have one.

The cost of the club will be £7.00 per class and will run for an 8 week period on the following dates:

Friday 12th March

Friday 19th March

Friday 26th March

Friday 23rd April

Friday 30th April

Friday 7th May

Friday 14th May

Friday 21st May

The total cost is £56. Payment is to be made by bank transfer details below:

A buck

11-09-28

11027663

Please return the slip below and attached contact sheet to me [aileen.beavers@outlook.com](mailto:aileen.beavers@outlook.com)

Once payment and forms are complete you will receive an email from me to confirm place,

You can also contact me on 07393297679

Kind regards

Aileen

**Yoga club Return Slip – spring 2021**

**Child’s name……………………………………………………….**

**Class…………………………………………………………………..**

**I have transferred payment of £56.00 to secure my child’s place**

**Email address to send confirmation…………………………………………………………………………**

**Yoga Class registration form**

Child’s name:…………………………………………………………………………..

Date of birth…………………………………………………………………………

Medical information / Allergies…………………………………………….

Parent/Carer Name…………………………

Contact Number………………………………… Email……………………………………………………………….

Emergency Contact…………………………….

Signature…………………………………………..