

After School Yoga Club - Summer Term 2019



29th March 2019

Dear Parents/Carers,

Our next session of Yoga will be running from Thursday 2nd May 2019 until Thursday 11th July 2019. The cost of this club is £15.00 and this is for ten sessions. Yoga can benefit your child in so many ways including:

1. Yoga Grows Children's Confidence
2. Yoga Promotes a Healthy Body
3. Yoga Improves Children's Concentration
4. Yoga Helps Children Manage Stress Through Breathing
5. Yoga Promotes Inclusivity
6. Yoga Introduces Children to Mindfulness
7. Yoga Improves Children's Coordination & Balance

If you wish to enroll your child in the yoga club please complete the form below and return it with the correct cash money, of £15.00, to the school office by **Friday 5th April**. **Please note that your child must have their own yoga mat to do this club. Mats can be purchased from various shops from as little as £5.99 at Decathlon, Purley Way. If your child does not bring their mat they will not be allowed to participate.**

Please note that there may be times when a club has to be cancelled because of illness or circumstances out of our control. If this happens the fees will be non-refundable, although we will try our best to offer extra sessions (but it may not always be possible).

AFTER SCHOOL CLUBS – SUMMER TERM 2019

I would like to enroll my child in Yoga. My child will have their own yoga mat. I enclose £15.00

Child's Name

Child's Class

Parent/Carer signature

Contact numbers

Please note all children must be collected by an adult – not a sibling