

Heartfelt Yoga – Years 2-6

Yoga is a great exercise for all. It has been shown to help with physical fitness developing flexibility, strength, balance, posture, co-ordination and body awareness. With each physical movement yoga gives attention to the breath reminding children how to breathe properly, expand lung capacity and improve endurance. But as well as exercising their bodies children also learn how to relax, with yoga teaching them how to take a few moments from the busy and hectic pace that is life to simply breathe, relax and be calmer.

Yoga after school club will run for 11 weeks from week commencing 23/09/19 until week ending 13/12/19 (with no class during half term). THERE WILL BE NO CLUB ON TUESDAY 19 NOVEMBER.

Please return the attached registration form and a cheque for £40, made payable to Heartfelt Yoga to the school office to secure a place for your child. Should this after school club be very popular, places will be allocated on first come basis. Children should change into their PE kits for this club but do not need trainers/ plimsolls. All equipment is provided. Please collect your son/daughter promptly at 4.15pm.

This club will only run with a minimum of 10 bookings. All payments must be made Thursday 19 September (minimum of 10) for the club to run.

Tuesdays at 3.15-4.15pm

Year groups: 2-6

Price: 10 week course £40

Dates: 23/09/19-18/10/19 (4 weeks)

28/10/19-13/12/19 (6 weeks)

*** NO CLUB 19 NOV 2019**

Child's name: _____ Class: _____

Emergency contact details:

Name: _____ Relationship to child: _____

Contact phone number: _____ Email: _____

I _____ give permission to The James Oglethorpe Primary School to share medical details for my son/daughter _____ with Heartfelt Yoga for the purposes of teaching yoga.

Signature: _____ Date: _____