



CHILDREN'S YOGA CLUB

Thursdays 8.00 - 8.45am

Thursday 19th September – Thursday 28th November

Run by Sue Easteal, our Children's Yoga club encourages body awareness, movement and mindfulness through stories, games and play. Experience yoga postures and breathing exercises to improve and develop strength, coordination and flexibility in body and mind.

Yoga is fun when we do it together!

- The cost for 10 sessions is £40 per child.
- A maximum of 20 places are available. Places will be filled on a first come, first served basis.
- Please arrive in casual sports gear/comfortable clothes and bring your school uniform to change into.
- Parents are welcome to join the class if they would like to actively participate in the session!

To book please complete the form below and return to the school office, together with **payment by cash only please**.

CHILDREN'S YOGA CLUB BOOKING FORM

I would like my child to attend Children's Yoga Club on Thursday mornings at 8am. I enclose payment of £40 (by cash only please).

Child's Name:

Class:

Child's DOB: _____ Emergency Contact Tel. _____

Parent/Carer Name: _____ Signed: _____



MINDFUL COLOURING

Encourage your child to sit for 5/10 minutes and colour, with just the following 'rules':

- No talking whilst colouring
- Concentrate on your own picture
- No peeking at others
- No rushing – take your time
- After 5/10 minutes, or when ready, save the picture and come to it at another time