



Teaching children to relax, energise and have fun through yoga

Kids Love Yoga are excited to be running **A FREE TRIAL** for our **Yoga Breakfast Clubs** at Ecclesall Primary School on:

Y1, Y2 on Thursday 21st September 2023 - 7.30am start

Y3, Y4, Y5, Y6 on Wednesday 20th September 2023 - 7.30am start

One-off FREE Trial Yoga Sessions Offering

Would you like to give your child a chance to try out a Kids Love Yoga Club for FREE? If so, you can book on for just one session as a taster for your child, completely free of charge!

If your son or daughter is interested in trying out yoga, then this is a great opportunity! Simply email jo@kidsloveyoga.org.uk **before Tuesday 19th September** to book your child's place.

About Kids Love Yoga

Children get so much out of our yoga classes. They become **stronger**, more **flexible** and find ways of **managing stress and worry**, but most importantly they have lots of **FUN!** Our classes guide the children in the following:

- ✓ Loads of **lively games** that teach yoga poses in a **fun** and energising way!
- ✓ Drama, teamwork and loads of **fun!**
- ✓ **Mindfulness** games and activities that children can learn and practise anywhere!
- ✓ A chance for the kids to **relax** with friends and **relieve any stress** or worries they may have.

This free trial session runs **from 7.30am** where you'll need to drop your child at the main reception, our Instructor will be there waiting. We ask for children to arrive in their PE kits, and bring a healthy breakfast to have at the beginning of the session (time is allocated for this).

The sessions are delivered by Lisa; a **fully qualified Children's Yoga Instructor** with a relevant DBS and first aid qualification.

We will be in touch after the session to ask for some feedback.

Any enquiries can be made to **Joanne Wharton on 07540 240404**. We look forward to seeing your child at our yoga club soon maybe! :)

Kids Love Yoga

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