



## Teaching children to relax, energise and have fun through yoga

Kids Love Yoga are very excited to be starting a **Wednesday MORNING yoga club for JUNIORS at Ecclesall Primary School!**

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:

- ✓ A **morning relaxation** and **energising yoga wake up** - a perfect way to refresh and focus for the day!
- ✓ Loads of **lively games** that teach yoga poses in a **fun** and energising way!
- ✓ **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.

Classes run from **Wednesday 10th January to 7<sup>th</sup> February for the HALF TERM** (5 sessions) and **10th January to 27th March FULL TERM** (11 sessions). The sessions are located in the **main hall** and start at **7.30am**, **please bring your child to the main entrance at this time and we will meet you there.** We ask for children to arrive in their PE kits and bring their uniform to change into if required that day, plus a breakfast snack such as a cereal bar (NO NUTS PLEASE), croissant and fruit and a bottle of water please. **We will allow time for the children to eat their breakfast at the beginning of the session (this is optional).**

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

### **How to book and pay for your child's place:**

Each session **costs £6** so the total for this **full term is £66 (11 sessions)** and for the **half term is £30 (5 sessions)**.

**IMPORTANT:** Please email Jo Wharton at [info@kidsloveyoga.org.uk](mailto:info@kidsloveyoga.org.uk) with the following details and to check there are enough spaces available - **BEFORE PAYING.**

- Child's name
- Child's school
- Child's class and year group
- TWO (where possible) emergency contact numbers
- Any other relevant information such as health or SEND needs that you wish to share with us

Please then pay via BACS to 19447560 16-00-30 Kids Love Yoga Ltd, **leaving your child's surname and school as a reference please.** Enquiries can be made to Jo Wharton on 07540 240404 or [jo@kidsloveyoga.org.uk](mailto:jo@kidsloveyoga.org.uk). Thank you and we look forward to welcoming your son/daughter to yoga club :)

### **Kids Love Yoga**

Tel (Jo): 07540 240 404

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