



Teaching children to relax, energise and have fun through yoga

Kids Love Yoga are very excited to be starting a NEW **Monday LUNCHTIME yoga club for Y1 - Y4 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 **Monday 19th February to 25th March for the HALF TERM** (6 sessions) from 12.15 - 12.45pm, located in the **main hall**. We ask for children to wear something comfortable for the sessions if possible.

The sessions are delivered by Lisa; a **fully qualified Children's Yoga Instructor** with a relevant DBS and first aid qualification. **Places are limited to 25 children in the session and will be allocated on a first come first served basis, thank you.**

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

Each session **costs £3.50** so the total for this **half term is £21 (6 sessions)**.

IMPORTANT: Please email Jo Wharton at 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. 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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