



## 'ACRO-WARRIORS' - New Name, New Look, New Styles...

### Blending yoga, creativity and fun to help children thrive!

We're so excited to launch our **new club sessions** - 'ACRO-WARRIORS' at Ecclesall Primary School. Each half term there will be a **new and exciting theme** including **Acro-Yoga, Vibe-Yoga** and **Adventure-Yoga!** **ACRO-WARRIORS** runs on **Wednesday Mornings** for Year 3 to Year 6.

We're sure that your child(ren) will love our new-look club! 🧘🧘🧘

Expect **lots of fun**, whilst also **boosting your child's well-being** and **happiness** 😊

- ✓ **Acrobatic balances** and **flow** with ACRO yoga 🤸
- ✓ **Music** and **dance** with VIBE yoga 🎵
- ✓ **Relax** and **chill** with CHILLOUT yoga 😊
- ✓ Explore the **natural world** around us with NATURE yoga 🌳
- ✓ **Strength building** with POWER yoga 💪
- ✓ **Drama** and **play** with ADVENTURE yoga 🧗

### Autumn 2 half term will be VIBE-yoga! Music, dance and lots of fun!

Classes run from **Wednesday 6th October** to **18th December** HALF TERM (7 sessions), located in the **main hall**.

We ask for children to bring their PE kits and a bottle of water please. 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 the sessions:

Each session **costs £6** so the total for this **half term is £42 (7 sessions)**.

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

- Child's name, 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 10070637 16-31-20 Joanne Wharton, **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 ACRO-WARRIORS club :)