

January 8th 2018

YogaPebbles after-school yoga club



Dear Parents/Carers,

After the success of the yoga club run last half -term, I am now excited to introduce my own after school "YogaPebbles" club for **Years 3-6, Green, Orange, Yellow & Red Classes**.

A KS1 EHPS yoga club will be offered at school in the near future too by Mrs Roberts, watch this space! If there is enough demand, a separate SU club may also be run.

The classes will continue to be held on **Tuesdays from 3:45-4:45pm in the Music room** and will run for an 8 weekly block starting on **Tuesday 16th January until March 13th**. Classes are still only £4.00 per session and in total will cost £32.00. A sibling discount for any KS2 and/or SU children is available on request.

The classes will be for a maximum of 12 children and will be offered on a first come first served basis. If your child would like to join this club please complete & return the attached expression of interest slip to the main school office by **Thursday January 11th**. If you are successful you will be notified on Friday January 12th, by letter via your child's book-bag. This letter will contain instructions on how to pay as well as payment terms. If you are unsuccessful this time around, a waiting list will be held and places will be offered later during the school year.

YogaPebbles children's yoga classes involve teaching the children age appropriate yoga poses through fun "adventures". This will involve traditional yoga poses, breathing and calming techniques, games & crafts, relaxation or meditation, guided imagery or visualisations and mindfulness techniques.

For more information on Children's Yoga please visit:

<http://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>

or my website: www.yogapebbles.co.uk

or e-mail me: lisayogapebbles@gmail.com

I also run other YogaPebbles classes outside of school on a Monday evening and a Saturday morning, please contact me if you are interested.

As a qualified children's yoga teacher, there may be times when appropriate 1-1 contact is made between myself, or a staff member under my direction and a child, or a child

and a friend, using massage or pose work etc. Therefore, I ask you to complete the attached slip giving your permissions.

If successful in securing a place for your child, necessary paperwork will be required to be completed before the first session.

All Yoga mats and equipment are provided, but if possible, **please purchase your child their own mat and blanket** for relaxation and hygiene reasons, as this really gives the children a sense of ownership of something special!

Children should come to the classes dressed comfortably in warm, layered clothing and should bring a water bottle with them.

With many thanks for your support,

Lisa Greenough
YogaPebbles



YOGAPEBBLES AFTER - SCHOOL CLUB
Expression of Interest Reply Slip

PLEASE TICK AS NECESSARY

- I would like my child to take part in YogaPebbles Classes.
In agreeing to this, I accept that at times, there may be contact between the Teacher/staff member and my child and/or my child and a friend.
I understand that I will be notified separately if my child has been successful in securing a place.

Name of Child.....

Class.....

Parents Name

Parents Signature..... Date.....

Please return to the school office no later than Thursday 11th January 2018.