



Yoga Club for Years 3 and 4

Thursdays 3.15-4.15pm

Last week, all pupils in Year 3 and 4 took part in a trial yoga session. Now, they have the opportunity to join a new yoga club, starting at St Mary's on **Thursday 19th October 2017.**

Yoga offers children a wonderful opportunity to enhance their flexibility, strength, imagination, concentration, and confidence. Postures and poses, breathing exercises and relaxation are all instructed through story-telling and non-competitive games.

Each session costs £4, payable half-termly in advance.

(6 sessions @ £24)

If your child wishes to join the club, please complete the slip below and return to school by Monday 16th October. Please feel free to contact me at missfoglia@hotmail.com should you have any queries regarding Yoga Club.

Rachel Foglia (Qualified Children's Yoga Instructor)



Childs name: Class/Year Group:

Parent/Carer name: Contact Tel:

Email address:

I consent for my child to take part in Yoga Club, commencing Thursday 19th October 2017 and enclose payment of £24 (cheque/cash).

Signed: