



Yoga bees

YOGA After School Club – Mondays 3:15-4:15pm - For Yr 1, Yr2 & Yr 3

The benefits of yoga for children are many. Dynamic postures maintain flexibility, strengthen muscles and improve co-ordination and balance. Relaxation and breathing techniques improve memory retention and concentration. Yoga also helps children to understand the values of helping and respecting each other, whilst building self-esteem and confidence.

Sessions include flowing yoga postures, sometimes energetic, sometimes calming, but always fun! Yoga games promote team work and use your imagination to create your own routines to music. Meditation and visualization encourage deep relaxation leaving children feeling refreshed and energized.

£4 PER SESSION for 9 WEEKS - Total £36

Monday 20th & 27th January/ 3rd, 10th & 24th February/ 2nd, 9th, 16th & 23rd March

PLACES ARE LIMITED AND MUST BE BOOKED IN ADVANCE. TO RESERVE YOUR CHILD'S PLACE PLEASE-

Fill out the attached form and return to the school office with cash or cheque payable to J Cradick in a sealed named envelope. Or contact Jane to pay via BACs.

janecradickyoga@gmail.com OR CALL 07591132565

Name of child		Class	
Contact details of parent including email address			
Health issues or injuries			
Payment	Cash <input type="checkbox"/> Cheque <input type="checkbox"/> BACs <input type="checkbox"/>		