

Dear Parents/Carers

## Tuesday Infants Yoga

I will be running a Yoga Club after school on Tuesdays from January. I am an experienced, certified yoga instructor of adults, teens and children and it will be open to all children in St. Mary's infants. The 40 minutes sessions will teach classic yoga postures – as well as games, breathing techniques and relaxations to help manage emotions and instill calm.

Yoga helps to build self-confidence, body awareness and flexibility, and regular posture practice leads to improved focus and concentration – all essential tools for children. Classes are fun, lively and also provide time for relaxation and meditation.

Term dates: w/c 6 January to w/c 10 February 2020 – 6 weeks

(half term 15<sup>th</sup>-23<sup>rd</sup> February)

w/c 24 February to w/c 30<sup>th</sup> March 2020 – 6 weeks

Sessions will take place after school in the from 3.15 – 4pm and the cost will be £7 per session.

Places are limited so please complete the attached form and **return to the school office** as soon as possible. Payment by bank transfer is preferred or by cheque payable to “Mrs. M. Davies” please.

Email: [jaynmel@me.com](mailto:jaynmel@me.com)

Tel: 07977187170

[facebook.com/melsyoga](https://www.facebook.com/melsyoga)

[www.melsyoga.net](http://www.melsyoga.net)

## AFTER SCHOOL TUESDAY YOGA CLUB

I would like my child \_\_\_\_\_ in class  
\_\_\_\_\_ to attend Yoga Club on Tuesdays 3.15-4pm.

I enclose a cheque for £84.00 for 12 sessions (cheques payable to: *Mrs M. Davies*)  I have paid £84 online to Melanie Davies

Sort code: 60-16-09 A/c: 75635054 Ref: your child's full name

Please state any important medical information relating to your child, eg Asthma.

\_\_\_\_\_  
\_\_\_\_\_

Emergency contact no: \_\_\_\_\_

Email: \_\_\_\_\_

My child will be collected regularly by:  
\_\_\_\_\_ and I will notify the class teacher of any changes to this arrangement.

Signed \_\_\_\_\_ Date:

\_\_\_\_\_ E mail:  
\_\_\_\_\_  
\_\_\_\_\_