



Yoga  
**Boys & Girls Years Mixed Age Group**  
**Term 4 – Thursdays 8 am**

10<sup>th</sup> February 2020

Dear Parents/Carers,

We are excited to announce that Yoga will continue at Cheddar Grove during term 4. Yoga for children in Reception to Year 6 will run every Thursday **before school** from 8am in the studio. During these sessions children will be able to participate in gentle exercise through fun yoga based games and songs. We include a few key tools to help children build on breathing techniques, focus and self-awareness. Sessions include relaxation and mindful activities, all taught in a light and age appropriate way.

Yoga will run for 5 weeks (dates below) starting Thursday 27<sup>th</sup> February until 2<sup>nd</sup> April at £20.00 per child per term. Please note that Yoga will not be running on Thursday 5<sup>th</sup> March.

Thursday 27<sup>th</sup> February  
Thursday 12<sup>th</sup> March  
Thursday 19<sup>th</sup> March  
Thursday 26<sup>th</sup> March  
Thursday 2<sup>nd</sup> April

To register your child for this club please complete the slip below and enclose with the payment by cash or cheque in a named envelope with your child's name and class on. Payments can also be made by bank transfer (details below). Places will be allocated on a first come first serve basis once payment and slip have been received.

Name : Stacey Oliver  
Acc no. : 31539467  
Sort code: 52-21-30

Children are able to wear their school uniform or PE kit and will need to bring a non-fizzy drink/water bottle. Please ensure children bring their school uniform to change into before going to class (if not already wearing it). Cheddar Grove will provide yoga mats for children to use during these sessions.

Many thanks,  
Stacey Oliver  
Yoga Instructor

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Please return this slip to the school office in a named envelope with payment (if you are paying by cash or cheque). Text confirmation will be sent out once your child's place has been confirmed.

Child Name: \_\_\_\_\_ Class: \_\_\_\_\_

Any Medical Conditions: \_\_\_\_\_

Parent/Carer Print: \_\_\_\_\_ Sign: \_\_\_\_\_