



Teaching children to relax, energise and have fun through yoga

Kids Love Yoga are very excited to continue running our **Monday after school yoga club for FS2 - Y4s at Meersbrook Bank Primary School!**

Children get so much out of our yoga classes. They become **stronger**, more **flexible** and find ways of **managing stress and worry**, but most importantly they have lots of **FUN!** Our classes guide the children in the following:

- ✓ Loads of **lively games** that teach yoga poses in a **fun** and energising way!
- ✓ Drama, teamwork and loads of **fun!**
- ✓ **Mindfulness** games and activities that children can learn and practise anywhere!
- ✓ A chance for the kids to **relax** with friends and **relieve any stress** or worries they may have.

Classes for the Autumn term start on **Monday 4th November** until **Monday 9th December** (total of 6 sessions) and are located in the **main hall**. The session runs **until 4.25pm** when your child can be picked up. We ask for children to bring their PE kits to change into, plus a small snack if possible (to have at the beginning) and a bottle of water please.

The sessions are delivered by Ruth; a **fully qualified Children's Yoga Instructor** with a relevant DBS and first aid qualification.

How to book and pay for your child's place:

We are introducing a new reduced rate of £4.00 per yoga session so the total for this half term is £24. There are only **22 places** available however so if your son or daughter is keen to join the yoga club, simply go to our website and pay us directly as soon as you can!

1. To book go to: <https://www.kidsloveyoga.org.uk/book-your-childs-place>
2. Find your school
3. Scroll down, and under 'My classes', choose the half term option
4. Click 'Book Now', scroll down and check the details are correct then click 'Book Now' again
5. Add your child's name, year group and your contact details
6. Click through and pay

(If the session is fully booked you will get a message saying "Looks like this time slot is taken. Head back to the calendar to pick a different time." - in this case please ignore this instruction (!) and instead you can add your child to this club's Waiting List here: <https://www.kidsloveyoga.org.uk/waiting-lists>)

Any enquiries regarding the club can be made to **Joanne Wharton on 07540 240404** or info@kidsloveyoga.org.uk. We look forward to seeing your child at yoga club soon :)

Kids Love Yoga

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