



OSMOTHERLEY PRIMARY SCHOOL

School Lane, Osmotherley, Northallerton, North Yorkshire, DL6 3BW

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29th April 2019

Dear Parents,

Yoga – after school Thursday

I am delighted to confirm that we have secured Yoga sessions to begin on a Thursday afterschool. The sessions will begin on Thursday 9th May 2019.

The instructor leading the sessions is named Katy. She is a fully qualified primary school teacher and has worked in North Yorkshire for the past 11 years. Katy is a certified Kidding Around Yoga (KAY) teacher. KAY provides an amazing curriculum designed to motivate children to be active, build confidence and help to manage the whole spectrum of emotions that they experience in their day-to-day activities. KAY incorporates yoga, meditation and mindfulness to provide stress management for kids! Please take a moment to browse the KAY website at www.kiddingaroundyoga.com to see why the Kidding Around Yoga programme is so popular worldwide.

Sessions are 1 hour in length from 3.30pm – 4.30pm and are £5 per session per child, the classes will run up to the end of the school term and we hope to continue in the new Academic year. Please can you complete the permission slip should you wish your child to attend the classes and notify of any allergies as Katy sometimes uses an essential oil spray.

Yours sincerely

Miss Jane Bamber
Head Teacher

Yoga Classes - Thursdays

*I give/ do not give permission for my child/ren _____ Year(s) _____
to take part in Yoga Sessions.

* I give/ do not give permission for photos of my child to be taken and used for advertising and promotion purposes

Please can you make a note of any known allergies

*payment can be made weekly or in full

Signed..... Parent/ Guardian

(Please print your name)..... Date.....

* Delete as applicable



North Yorkshire County Council

