



# OSMOTHERLEY PRIMARY SCHOOL

3<sup>rd</sup> September 2019

Dear Parents,

## Yoga – after school Wednesday

I am delighted to confirm that we will be continuing to offer Yoga sessions on a Wednesday afterschool. The sessions will begin on Wednesday 11<sup>th</sup> September 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!

Sessions are 1 hour in length from 3.30pm – 4.30pm and are £5 per session per child. Please can you pay for the term at the begging of the term. The fees are as follows:

Autumn Term, Sept 19 – October 19, 8 sessions = £40  
Winter Term, November 19 – December 19, 7 sessions = £35

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

\*please make payment for the term in full by cash or cheque made payable to Kate Curzon

Signed..... Parent/ Guardian

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

\* Delete as applicable

