



Dear Parent/Carer,

Hello and Namaste!

I am a qualified Children's Yoga Instructor, trained with Kidding Around Yoga and have been running an After School Yoga club at your child's school for the last 8 months. I am delighted to have been asked to continue these sessions after Christmas and these will run every Wednesday from 3.30-4.30pm.

The sessions incorporate traditional yoga poses, breathing, meditation and mindfulness in a fun and child-centred way and have proved to be very popular!

The sessions are open to children from Year 2 onwards, however will be capped at 12 children. Places will be allocated on a first come, first served basis. To secure a place for your child/ children, please complete the form below and return to the school office ASAP. The cost of each session is £5 and dates will be as follows:

January 8th, 22nd and 29th, February 5th and 12th, March 11th and 25th, April 1st

PLEASE NOTE THERE WILL BE NO SESSIONS ON 15TH JANUARY, 4TH MARCH AND 18TH MARCH.

Please contact me at katecurzonkidsyoga@gmail.com for further information.

Have a fabulous and restful Christmas!

Kate Curzon

I would like my child/ children _____
to take part in Yoga After School Club on a Wednesday for the Spring Term.

I do/ do not give permission for photographs of my child to be used for promotional purposes.

I enclose a cheque for £35 for the half term

I have made payment via BACS to 08-90-66 04376442

Signed _____ (Parent/ Carer)