



Dear Parent/Carer,

Hello and Namaste!

I am a certified Kidding Around Yoga (KAY) teacher. KAY provides an amazing curriculum designed to motivate children to be active, build confidence and manage the spectrum of emotions they experience in their day-to-day activities. KAY is stress management for kids! Have a look at www.kiddingaroundyoga.com for more information.

I am delighted to have been asked to continue sessions at Osmotherley Primary School in the next academic year (Covid-19 dependent!) and these will run on a **Tuesday after school from 3.30-4.30pm.**

The sessions incorporate traditional yoga poses, breathing exercises, 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 3 to Year 6, however will be capped at 12 children. Places are 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 payable in advance please and dates will be as follows:

8th September	No class	3rd November	No class
15th September	Class	10th November	Class
22nd September	Class	17th November	Class
29th September	Class	24th November	Class
6th October	Class	1st December	Class
13th October	Class	8th December	Class
20th October	Class	15th December	Class
27th October	Half Term – no class	22nd December and 29th December	Christmas holidays – no classes

The total cost for the term is £90 per child.

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

Have a fabulous and restful Summer!

Kate Curzon

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

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

I enclose a cheque for £90 for the half term

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

Signed _____ (Parent/ Carer)