



Helping kids find their calm

Hello and Namaste!

I am an advanced Children’s Yoga Instructor, trained in Kidding Around Yoga and Cosmic Kids. My classes are designed to motivate children to be active, build confidence and manage the spectrum of emotions they experience in their day-to-day activities. It’s stress management for kids!

I am delighted to have been asked to continue sessions at Osmotherley Primary School in the Spring Term (Covid-19 dependent!) and these will run on a **Thursday 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 proven to be very popular!

The sessions are open to all children, however due to social distancing measures, this number will be capped at 10 children (please note this number may change according to the rules around Covid-19). 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 £7.50 payable in advance please and dates will be as follows:

7 th January	No class	25 th February	Class
14 th January	Class	4 th March	No class – my birthday!
21 st January	Class	11 th March	Class
28 th January	Class	18 th March	Class
4 th February	Class	25 th March	Class
11 th February	Class	1 st April	Easter hols – no class
18 th February	Half Term – no class	8 th April	Easter hols – no class

The total cost for the term is £60 per child.

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

Have a fabulous and restful Christmas Break!

Kate Curzon

I would like my child/ children _____
to take part in Yoga After School Club on a Thursday 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 0 for the term

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



My email address is _____

Signed _____ (Parent/ Carer)