



**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 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 and 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 payable in advance please and dates will be as follows:

6 <sup>th</sup> January	13 <sup>th</sup> January	20 <sup>th</sup> January	27 <sup>th</sup> January
3 <sup>rd</sup> February	10 <sup>th</sup> February	17 <sup>th</sup> February	

The total cost for the half term is £49 per child.

Please contact me at [katecurzonkidsyoga@gmail.com](mailto:katecurzonkidsyoga@gmail.com) for further information or find me on Facebook and Instagram @katecurzonwellbeing

Kate Curzon

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I would like my child/ children \_\_\_\_\_ to take part in Yoga After School Club on a Thursday from 6<sup>th</sup> January 2022 to 17<sup>th</sup> February 2022

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

I enclose a cheque for £49  
I have made payment via BACS to 54-10-41 16585275  
(please use child’s names as reference)



**PLEASE NOTE NEW BANK DETAILS!**

My email address is \_\_\_\_\_

Signed \_\_\_\_\_ (Parent/ Carer)