



Teaching children to relax, energise and have fun through yoga

Kids Love Yoga are very excited for our **Thursday** after school yoga club to continue for Y1 - Y3 at Mundella Primary School!

Children get so much out of our yoga classes. They become **stronger**, more **flexible** and find ways of **managing stress and worry**, but most importantly they have lots of **FUN!** Our classes guide the children in the following:

- ✓ Loads of **lively games** that teach yoga poses in a **fun** and energising way!
- ✓ Drama, teamwork and loads of **fun!**
- ✓ **Mindfulness** games and activities that children can learn and practise anywhere!
- ✓ A chance for the kids to **relax** with friends and **relieve any stress** or worries they may have.

Classes run from **Thursday 15th September - 20th October 2022** (6 sessions) located in the **school hall**. The session runs **until 4.30pm** when your child can be picked up from the main reception. We ask for children to bring their PE kits to change into and a snack and bottle of water please.

The sessions are delivered by Lisa; a **fully qualified Primary School Teacher AND Yoga Instructor** with a relevant DBS and first aid qualification.

How to book and pay for your child's place:

Each session **costs £5** so the total for this block is **£30.50 (which includes a 50p website booking fee)**. There are only **22 places** available so if your son or daughter is keen to join the yoga club, simply go to our website and pay us directly as soon as you can!

To book go to: <https://www.kidsloveyoga.org.uk/book-your-childs-place>

1. Find your school
2. Scroll down, and click 'Book Yoga at Mundella' to open our booking system
3. Select your choice here
4. Select 'click to book'
5. Here you can either sign-in, or sign-up as a user of our booking system
6. Add your child's name, year group, your contact details and additional information
7. Click the Stripe payment box, then 'Confirm' and pay for your child's place
8. Please note that the system may include dates within the school holidays, however sessions only run in term time and are as per the schedule listed above.

If the session is fully booked you can add your child to this club's **Waiting List** here:

<https://www.kidsloveyoga.org.uk/waiting-lists>

Any enquiries regarding the club can be made to Joanne Wharton on 07540 240404 or Summer Rattigan on 07540 489779 or email info@kidsloveyoga.org.uk. We look forward to seeing your child at yoga club soon :)

Kids Love Yoga

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