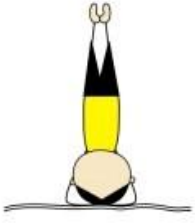


Reach Up...

Children's Yoga



CHILDREN'S YOGA AFTER SCHOOL CLUB

Mondays (3 – 4.15pm) 18th, 25th April, 9th and 23rd May - Cost: £16 for 4 week

Come and experience children's yoga! We will take them on exciting adventures, turn children from gorillas into butterflies, whisk them away on jungle canoe trips and bring them home again, all in 60 minutes! The classes will be led through songs, stories, games, breathing and relaxation techniques. Yoga is healthy and brilliant fun!

Yoga postures help to stimulate your child's imagination, coordination, self-confidence, as well as maintaining natural flexibility whilst toning the body and boosting the immune system.

Classes are run by qualified yoga teachers Mariangela C. Wilks and Karolina Hudson . All teachers have undergone enhanced CRB checks and are fully insured. To find out more please call 07986362840 or 07851773337. E-mail: reachupchildrensyoga2014@yahoo.co.uk



Reach Up



Children's Yoga

Reach Up Children's Yoga at South Baddesley

Primary School

Mondays (3 – 4.15pm) 18th, 25th April, 9th and 23rd May - Cost: £16 for 4 week



Child's Name: _____ Sex: F/M Age: _____

Parent's Name: _____ Signature: _____ Date: ___/___/___

Telephone number: _____ Mobile: _____

E-mail: _____ Emergency Contact Number: _____

Medical Conditions: _____

Address: _____

Post Code: _____

Payment details: please return this completed booking form together with cash or a cheque for £16.00 made payable to **Mariangela C. Wilks** to the school office to secure a place on the course.