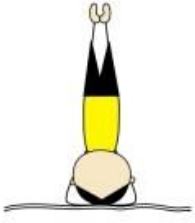


# Reach Up...

# Children's Yoga



## CHILDREN'S YOGA AFTER SCHOOL CLUB

**Mondays (3 – 4.10pm) 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> January and 5<sup>th</sup> February - Cost: £20 for 5 weeks (first half of the Spring Term)**

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, relaxation and mindfulness 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 teacher Mariangela C. Wilks . I have undergone enhanced CRB checks and are fully insured. To find out more please call 07986362840. E-mail: [reachupchildrensyoga2014@yahoo.co.uk](mailto:reachupchildrensyoga2014@yahoo.co.uk)



# Reach Up



# Children's Yoga

## Reach Up Children's Yoga at South Baddesley

### Primary School



**Mondays (3 – 4.10pm) 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> January, and 5<sup>th</sup> February – Cost: £20 for 5 weeks**

**(first half of the Spring Term)**

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 made payable to **Mariangela C. Wilks** to the school office to secure a place on the course.