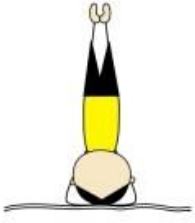


Reach Up...

Children's Yoga



CHILDREN'S YOGA AFTER SCHOOL CLUB

Mondays (3 – 4.10pm) 5th, 12th, 19th, 26th November, 3rd and 10th December

Cost: £27 for 6 weeks (second half of the Autumn 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



Reach Up



Children's Yoga

Reach Up Children's Yoga at South Baddesley

Primary School

Mondays (3 – 4.10pm) 5th, 12th, 19th, 26th November, 3rd and 10th December

Cost: £27 for 6 weeks second half of the Autumn 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.