



1<sup>st</sup> June 2020

Dear Parents and Carers

I hope you have all been keeping safe at this unprecedented time. Going back to school will be an anxious time for many children which is why I want to give children the opportunity to join a weekly Zoom Yoga class. This will be carried out in the comfort of your own home using a Yoga mat if you have one available.

Yoga has many benefits for children including:

- Develops strength, coordination and balance
- Promotes acceptance and tolerance of others
- Improves focus and concentration
- Provides a range of calming techniques
- Supports positive physical and mental health

Day and Time	Number of sessions	Cost	Year Groups
Friday: 4 - 4.45pm	6	£24	ALL

The first session will run on Friday 12<sup>th</sup> June 2020. To secure your child's space, please email this form to [littleyogico@gmail.com](mailto:littleyogico@gmail.com) and make payment via bank transfer:

Mrs S Harris      Account number: 16291075      Sort code: 07 01 16

**Please ensure payment includes your name and reference as YOGA. Please email to confirm you have sent payment. Once I have received payment I will email the Zoom code and password.**

Look forward to working with your little yogis!  
Best wishes

Steph Harris

