

KIPS YOGA CLUB

Dear Parent/Guardian

I am pleased to be able to offer Yoga Classes as one of the after school clubs on a Wednesday afternoon from 2pm-3pm for P1-3 pupils. Hopefully we will get enough students signed up and a class will start on Wednesday 18th January.

There will be 8 sessions in total between now and the end of term and the price will be £3 per class. In class we will be learning about and practicing the following:

- Yoga poses and their benefits
- Breathing techniques
- Mindfulness exercises

You can send me a text or call 07391213679 with any questions or DM [facebook.com/Nomadyogani/](https://www.facebook.com/Nomadyogani/) If you are interested in your child attending please fill out and return the form to school no later than tomorrow.

The price will be £3 per class. Kindly make payment in one or two instalments over the term to Natalie Devoy | Business Account | SC: 040004 A/C 15495543 | Please reference your child's name & Yoga KIPS.

Many thanks,

Natalie Devoy

KIPS YOGA CLUB REGISTRATION

Parent/Guardian Signature_____

Child's Name_____

Class_____

Date _____