



Teaching children to relax, energise and have fun through Yoga!

Kids Love Yoga continues to run our **Friday Lunchtime Yoga Club** for FS2 to Year 6 children at Whiston Worrygoose Junior & Infant School and we'd love for your child to join! 🧘‍♀️ 🧘‍♂️ 🧘‍♀️

Children get so much out of our yoga classes. They become **stronger**, more **flexible** and find ways of **managing stress and worry**, but most importantly they have lots of **FUN!** Our classes guide the children in the following:

- ✓ Loads of **lively games** that teach yoga poses in a **fun** and energising way!
- ✓ Drama, teamwork and loads of **fun!**
- ✓ **Mindfulness** games and activities that children can learn and practise anywhere!
- ✓ A chance for the kids to **relax** with friends and **relieve any stress** or worries they may have.

Classes run from **Friday 19th April** to the **24th May 2024** (6 sessions) - located in the **school hall**. We ask for children to bring their PE kits and a bottle of water please.

The sessions are delivered by Lisa; a **fully qualified Children's Yoga Instructor and Primary School Teacher** with a relevant DBS and first aid qualification.

How to book and pay for your child's place:

Each session costs **£4** so the total is **£25.30 inc. booking fee of 4.6%+20p**. There are only **22 places** available for each session, so if your son or daughter is keen to join the yoga club, simply go to our website and pay us directly as soon as you can!

[Click here to book your child's place at Yoga Club!](#)

1. Find your school
2. Click 'Book Yoga at...'
3. You will then be taken to our booking system where you can add details and pay.
4. If the club is full you will have the chance to join the waiting list

Any enquiries regarding the club can be made to Lisa Stephenson on 07936 597 085 or email lisakidsloveyoga@gmail.com We look forward to seeing your child at Yoga Club soon :)

Best wishes, Lisa