



Evendons Primary School Yoga Club - Every Friday
Starts Friday 13th September to 6th December 3.30-4.30pm
(Excluding October half-term w/c 28th October)

****Open to KS2 Year Groups 3, 4, 5 & 6****

- Introduction to YogaBears yoga and mindfulness in a slow paced, non-competitive group.
- Fun and interactive A-Z yoga poses, partner yoga poses, creative breathing, mindfulness (colouring/games).
- Nurture every child's own superpowers in their bodies.
- Enhance physical strength, co-ordination, and flexibility.
- Compliment other activities/sports and clubs i.e. dancing, gymnastics, football/multi-sports etc.
- A place where every child moves muscles, changes a feeling, and finds creative ways to pause and breathe.
- Help calm those busy minds, feel more confident, improve focus, be more relaxed.
- Connecting in our circle of friendship, embracing our differences and uniqueness.
- Understanding the importance of quiet time/relaxation after a busy day or week at school.
- All classes taught by Jackie who is an experienced and trained yoga teacher specializing in children's yoga. Helping to guide each child on their own yoga journey and learn a life skill.

Price for one child: £120.00 (12 weeks). Places offered on a **first come, first served basis** and on receipt of payment are non-refundable. Sibling discount available. All enquiries to jackiepyogabears@gmail.com or call Jackie on **07855 585 498**.

How to Book:

Call Jackie on **07855 585 498**, or email jackiepyogabears@gmail.com to request/complete a Parent/Guardian Club letter, and Child Registration Form. Payment details provided. Once payment received your child's space confirmed and club payment is non-refundable.

What to Wear / Bring & Collection Point:

Wear PE kit on yoga day. Or bring Comfy clothes, teddy, blanket, **NUT FREE** small healthy snacks, and water. Collection from inside the school gates.

Need Help/Advice/Contact Details:

Call Jackie on **07855 585 498**, or email jackiepyogabears@gmail.com

For more details/information please look at my **Facebook page**: Hampshire & Berkshire Borders
<https://www.facebook.com/profile.php?id=100024944456001>