

SAMSKARA YOGA



Yoga for Children @ LGJS Monday 3.45-4.45pm, Years 3-6

Yoga Club is to be held at Leicester Grammar Junior School every Monday after school.

Yoga is a wonderful way to help children both physically and emotionally, by building strength, flexibility, resilience, balance, and focus.

Classes can include stories, games, singing, along with postures, breathing and relaxation techniques, helping children to be calm and ease anxiety. We have lots of fun, whilst learning to be calm and quiet too.

The club for Trinity Term 2022 is for pupils in Year 3-6. There is a maximum of 20 per session, places will be allocated on a first come first served basis and will be run by myself, Sherraine, I am a RYT-500 Sun Power Yoga Teacher and Children's Yoga Teacher.

The club will take place in the Junior Hall. It will run for 7 weeks starting on **Monday 9th May 2022 – Monday 27th June 2022 (Holidays are the 2nd & 30th May)**

The cost of the club will be £6 per session, the total being £42

Payable directly to myself, Sherraine Morris, 77-15-25, account no. 15606660. Please quote your child's name as the reference

Registration for the club will be via email through myself directly.

Please confirm your child's name, class, and emergency contact number.

I will then email you in return to confirm your child's place, along with my medical/consent form and information for parents

Please note, payment and return of forms needs to be made to secure your child's place, prior to the club starting

On collection please can parents/guardians wait at outside the Library/Main Entrance for their children, and I will bring them to the door.

I look forward to meeting your child very soon.

Sherraine Morris

Samskara Yoga

07810 421053

Samskara46@outlook.com

PLEASE RETURN THE MEDICAL/CONSENT FORM TO ME VIA EMAIL.