



## Teaching children to relax, energise and have fun through yoga

**Kids Love Yoga** are excited to be starting a **NEW Wednesday After School Yoga Club** for Year 1 to Year 6 children at Birley Primary Academy :)

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 **Wednesday 8th November** to the **20th December 2023** (7 sessions) - located in the **main hall**. The session runs **until 4.15pm** when **your child can be picked up from the main reception**. We ask for children to bring their PE kits, plus a small snack if possible (to have at the beginning - **NO NUTS**) and a bottle of water please.

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

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

Each session costs **£4.50** so the total for this half term is **£32 inc. 50p booking fee**. There are only **22 places** available 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!

**To book go to:** <https://www.kidsloveyoga.org.uk/book-your-childs-place>

1. Find your school.
2. Scroll down, and click 'Book Yoga at Birley Primary Academy' to open our booking system.
3. Select your choice here.
4. Select 'click to book.'
5. Here you can either sign-in, or sign-up as a user of our booking system.
6. Add your child's name, year group, your contact details and additional information.
7. Click the Stripe payment box, then 'Confirm' and pay for your child's place.
8. Please note that the system may include only the first few dates of the block within your booking however sessions run in term time and as per the schedule above.

If the session is fully booked you can add your child to this club's **Waiting List** here:

<https://www.kidsloveyoga.org.uk/waiting-lists>. Any enquiries regarding the club can be made to Joanne Wharton on 07540 240404 or Summer Rattigan on 07540 489779 or email [info@kidsloveyoga.org.uk](mailto:info@kidsloveyoga.org.uk). We look forward to seeing your child at Yoga Club soon :)

### Kids Love Yoga

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