

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 Lent 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 11 weeks starting on **Monday 10th January 2022 – Monday 28th March 2022 (February Half Term is 14th February)**

The cost of the club will be £6 per session, the total being £66

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

Payment needs to be made prior to the club starting

Registration for the club will be via email through myself directly. Please confirm your child's name, class, emergency contact number and any medical information. I will then email you in return to confirm your child's place, along with my medical form and information for parents.

On collection please can parents/guardians wait at the Shelter outside the Library doors 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 INFORMATION FORM ASAP, via email or hard copy with your child to class.