



DOWNSEND
PRE-PREP SCHOOL
Epsom

Summer Term – Rising Reception, Reception and Year 1

Yoganory



Yoga & Story Entwined

Yoganory is back by popular demand for the Summer term!

Yoganory classes are actively fun, non-competitive and imaginative. They are designed to involve all the children, leading them on exciting, interactive adventure stories. To make the story's characters and objects come to life, the children move their bodies into traditional yoga postures. Yoganory classes include relaxation and breathing awareness as well as yoga games.

Some overall benefits for children are:

Helps to maintain natural flexibility, **improve concentration levels**, better sleep patterns, **give greater self-esteem**, a stronger immune system, **Supports children through emotionally and mentally stressful periods**. Helps with literacy development.

Without even realizing it, children are benefiting their mind, body and soul, in a fun, energetic and very creative class!

Yoganory club will return in the Summer term **Friday afternoons from 3.30pm to 4.15pm** and is available to children in Rising Reception, Reception and Year 1. Please note it is a 45minute class and collection time is at 4.15pm.

The club starts on **Friday 3rd May and ends on Friday 5th July**, with a total of 9 sessions (excluding half term Friday 31st May) costing £49.50.

Places are limited to 12 children

Please return attached booking registration form with £49.50 payment (cash or cheque) to Amy Tucker in the office



Registration Form
Yoganory 9 week Course
At Downsend Pre - Prep School Epsom
Friday 3rd May – Friday 5th July 2019
3:30 - 4:15pm

To confirm your place with Hayley Chalwin, please return the completed registration form, along with payment to the school office.

The cost of the club is £49.50 per child (for 9 sessions), please pay by cash or cheque made payable to: Mrs Hayley Chalwin.

Child's Full Name:

Boy/Girl:

Date of Birth and Age:

Known allergies/physical limitations/Concerns

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Has your child done Yoga before? **Yes/No**

If Yes please state when and where:.....

Parents Full Name:

Full Postal Address:

Telephone Home:

Mobile:

Email :

I understand that my child participates in this yoga class entirely at their own risk and no responsibility for any loss, damage, injury or any other mishap will be the responsibility of the class teacher or organiser

Signature:.....

Date:

If you have any questions, please contact:

Hayley Chalwin

0772 540 2650 mrschalwin_x@yahoo.co.uk www.yoganory.co.uk