



DOWNSEND
PRE-PREP SCHOOL
Epsom

Spring Term – Rising Reception, Reception and Year 1



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 realising it, children are benefiting their mind, body and soul, in a fun, energetic and very creative class!

Yoganory club will run in Autumn term on **Friday afternoons from 3.30pm to 4.15pm** and is available to children in Rising Reception, Reception and Year 1. It is a 45minute class and collection time is at 4.15pm.

The club starts on **Friday 17th January and ends on Friday 27th March 2020**, with a total of 10 sessions (excluding half term). The cost of the club is **£60** (for 10 sessions)

Places are limited to 12 children

To book please email Hayley Chalwin mrschalwin_x@yahoo.co.uk

Once your place is confirmed Hayley will send you details for bank transfer

If your child has not registered for Yoga previously, you will also need to complete the attached registration form and return to Hayley Chalwin



Registration Form
Yoganory 10 week Course
Friday 17th January and ends on Friday 27th March 2020
At Downsends Pre - Prep School Epsom
3:30 - 4:15pm

To confirm your place with Hayley Chalwin, please return the completed registration form, and email mrschalwin_x@yahoo.co.uk. Once your place is confirmed she will then send you bank transfer details.

The cost of the club is **£60** per child (for 10 sessions).

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