

# Happy Yoga Club



**My Yoga & Wellbeing sessions teach children to:**

- develop flexibility, strength, balance and posture
- become more observant by using their senses of sight, hearing, smell and touch
- balance their emotions, relax their minds and strengthen their concentration
- express themselves creatively and maintain their spontaneity and originality

Classes run from: **13th January to 30th March 2020**

Day: **Monday**

Time: **3.15-4.05pm**

Cost: **£55 for 11 weeks**

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**Rec- Y6 YOGA** - Please return form and payment no later than 9.30 a.m. on Monday 13<sup>th</sup> January

Child's name -----

Class -----

Contact number -----

Medical conditions/injuries/allergy to essential oils -----

Payment via Bank Transfer: **Mrs I Pisani** Sort code **07 02 46** Account number **22882271** ☐

If paying by cheque then please make cheques payable to **Mrs I Pisani** ☐

**Irina Pisani**

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