Evendons Primary School Yoga Club - Every Friday
Starting 12th January to 22nd March 3.30-4.30pm
(Excluding February half-term 12th-16th February)

**Open to Year Groups R/1-4's **

- **Fun A-Z yoga poses, breathing, mindful games/colouring in a slow paced, non-competitive class to nurture every child's superpowers and opening wheels of energy/chakras.**
- **Help calm those busy minds, feel more confident, improve focus, be more relaxed after school.**
- **A place for every child to move muscles, change a feeling and find creative ways to pause and breathe.**
- **Enhance physical strength, co-ordination, and flexibility.**
- **Compliment other activities/sports and clubs.**
- **All classes taught by Jackie who is an experienced and trained yoga teacher specializing in children's yoga helping guide each child on their own yoga journey. They learn all about F.L.Y (first love yourself) and know whatever their goals are in life they can be achieved if they truly believe in themselves.**

Price for one child: **£100.00 (**10 weeks). Places offered on a **first come, first served basis** and on receipt of payment are non-refundable. All enquiries to jackiepyogabears@gmail.com or call Jackie on **07855 585 498.**

*How to Book***:**
Call Jackie on **07855 585 498**, or email **jackiepyogabears@gmail.com** to request/complete a Parent/Guardian Club letter, and Child Registration Form. Payment details provided. Once payment received your child's space confirmed and club payment is non-refundable.

What to Wear / Bring & Collection Point:
Wear PE kit on yoga day? Or have comfy clothes to change into. Bring a jumper, socks and/or blanket and favourite teddy for relaxation, small healthy snack, and water bottle. Yoga mats will be provided! Collection is inside the school front gates!

Need Help/Advice/Contact Details:
Call Jackie on **07855 585 498**, or email **jackiepyogabears@gmail.com**
For more details/information please look at my **Facebook page**: Hampshire & Berkshire Borders https://www.facebook.com/profile.php?id=100024944456001