

Young Minds Yoga – **LUNCHTIME CLUB**

Yoga Benefits

Improved gross and fine motor skills: Poses practiced help to strengthen muscles and help with co-ordination.

Enhancing concentration: When children get used to the postures of yoga their concentration skills are also improved. The children learn how to sit in one place and focus on what's important as opposed to letting their minds wander and be distracted easily. This has the added benefit of helping them in their lessons and at school, boosting their attention spans and improving their grades.

Increases flexibility and balance: Yoga helps improve flexibility and balance and generally helps to develop core strength.

Boosting confidence: When a child is able to display great agility and flexibility it does wonders for their confidence. It provides them with the energy they need to believe in their abilities.

Feel good factor: They feel both mentally and physically rejuvenated after a yoga session and are a lot healthier and happier.

Relaxing their minds: Children are subject to a great deal of stress because of their workload at school. Breathing techniques in Yoga teaches them to relax their bodies and their minds. Guided imaginary relaxation teaches kids the power of the brain and is a perfect way to soothe frayed minds and bring them back to a more contented and relaxed state.

Our classes are full of adventure, games and activities – making yoga both fun and educational.

This form is to be completed by a parent/guardian before a child can participate.

Please make cheques payable to 'Kaley Lammert'. If paying in cash, please hand this in together with the booking form into the school office in an envelope with your child's name and "Young Minds Yoga" written clearly on the front.

There are limited places to this club – we will contact you by email or text to confirm your child's place. *

- Commencing on **Thursday 14 September for 13 weeks** (excluding October half term), last class of term will be 14 December at St Albans School
- **From 12.20 – 1.00pm**
- 15 places available
- This club will be run by Kaley Lammert-Allsopp and will take place in the school hall
- Children will need appropriate clothing – school PE kit may be worn
- Cost – **£52.00 (£4.00 per session)**

Child's Personal Information

Name: _____

DOB: _____

Address: _____

Emergency Contact

Name: _____

Telephone: _____ Mobile: _____

Relationship: _____

Email: _____

Child's Health

Condition: _____

Medication: _____

- There will be no religious input into any of the sessions.
- If you have any queries, please contact: kaley.allsopp@btinternet.com Tel-07711103778