





Dear Parents/ Carers,

breathe + be are very excited to be bringing their very successful Yoga and Mindfulness club to your school. Here’s what your child can expect from each session:

* Energetic yoga games that include**… yoga poses, drama, teamwork** and lots of fun!
* A **guided relaxation** time using a character, visualisation or a story
* Sharing of **mindfulness** strategies that they can use at home
* Learning to **reduce stress and anxiety**, become **stronger** and more flexible, and improve **listening** and **concentration** skills.

The very first class will be on **INSERT DATE** from 3.20- 4.30 and will run each week until **INSERT DATE.** We ask for children to bring their PE kits to change into and a bottle of water. The sessions will be delivered by Rebecca; an experienced and **fully qualified Children’s Yoga and Mindfulness Instructor**, with a relevant CRB and first aid qualification.

There are only 22 places available so if your son or daughter is keen to attend the club, please complete the attached reply slip and return it to the office by **INSERT DATE** with your payment of £30 by cash or cheque. **Please ensure you send the correct payment as change cannot be given by the office, paying by cheque, please make it payable to Rebecca Heap and write your child’s name and school on the back.** Places are offered on a first come, first served basis. Those children that are not offered a place will be put on a waiting list and contacted should a place become available at a later date. Each yoga session costs £5 so the cost for this half term is £30.

Many thanks,

Rebecca Heap

**breathe + be reply slip**

You will be contacted by the current email address held by the office to confirm whether your child has a place.

I give consent for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (class) to attend breathe

+ be club from 3.20- 4.30pm. I will collect my child \_\_ My child has walking permission (y6 only) \_\_

I confirm I have paid the full amount of £30 via: CASH/ CHEQUE made payable to Rebecca Heap

Additional needs of your child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**I understand that I must inform the office if my child is unable to attend one of the sessions.**

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (parent/ carer) Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_