

YOGA

Flexibility, strength and fitness

Children's yoga is lively and fun! This is a dynamic class including games and partner work, and finishes with a short relaxation exercise.

Classes are held on Thursdays after school in the KS1 hall until 4.30pm. They commence for the Spring term on **Thurs 14th Jan 2010**. Parents are invited to watch the last class on **Thurs 25th March**.

If you would like to book a place, please complete the slip below and return with payment to me at **32 Belfield Road** (opposite school) by **Monday 11th Jan 2010**. These classes have proved very popular, and as places are limited it is important to return payment by the deadline to avoid disappointment.

Many thanks,

Carolyn Ferguson

0161 445 9344/07763 346332

Carolyn@yogaindidsbury.co.uk

www.yogaindidsbury.co.uk

I enclose £40 (cheques payable to C. Ferguson) for yoga classes starting on Thursday 14th January 2010.

Child's name:

Class:

Parent/Carer

Contact Tel. No.

Emergency Tel. No:

Please advise of any medical conditions that are relevant: (e.g. asthma)

Signed

Parent/Carer