

YOGA

Fun, fitness & flexibility

This is a lively and dynamic class where yoga is learnt through games and partner work. The children enjoy practising animal shapes including dog, cat and frog pose and love the energetic salute to the sun sequence. The class ends with a short story and relaxation to wind down.

Yoga is held on Thursdays after school until 4.30 pm in the KS1 hall. Classes start for the Spring term on **Thursday 12th January 2012** for 11 weeks until **Thursday 29th March 2012**.

If you wish to book a place, please complete the slip below and return with payment to Carolyn Ferguson, **25 Catterick Road, Didsbury M20 6HF** before **Monday 9th January 2012**. (Cheques can be postdated to that date if you wish.)

Alternatively, contact me to arrange a **FREE taster class** for your child to try the classes first.

If you have any questions or would like to discuss any aspect of the class, please get in touch.

Many thanks,

Carolyn
07763 346332 carolyn@yogaindidsbury.co.uk

I enclose £49.50 (cheques payable to C. Ferguson) for 11 yoga classes starting on **Thursday 12th January 2012**. Cheques can be postdated to **Monday 9th January 2012**.

Child's name:

Class:

Any relevant medical condition

Parent/Carer:

Contact Tel. No.

Email: