

# YOGA

[www.yogaindidsbury.co.uk](http://www.yogaindidsbury.co.uk)

## Fun, fitness and 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 autumn term on **Thursday 15th Sept 2011** for 12 weeks until **Thursday 8th December 2011**.

If you would like to book a place, please complete the slip below and return with payment to Carolyn Ferguson, **25 Catterick Road, Didsbury M20 6HF** by **Monday 12th September 2011**.

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](mailto:carolyn@yogaindidsbury.co.uk)

---

I enclose £54 (cheques payable to C. Ferguson) for 12 yoga classes starting on **Thursday 15th September 2011**

Child's name:

Class:

Any relevant medical condition

Parent/Carer:

Contact Tel. No.

Email: