

Chestnut Lane School Yoga Bears Years 1 and 2
Monday lunchtimes 12:00-12:30
Spring Term 2019

7 December 2018

Dear Parents/Carers of Year 1 and 2

With Christmas nearly here, the dates for next term's yoga sessions at Chestnut Lane are in place. We plan to schedule Yoga Bears for Years 1 and 2 on Monday lunchtimes starting Mon 7 January 2019. The 30 min sessions are held in the hall before lunch. The sessions are fun and light-hearted with stretching, balancing, some relaxation and learning a little about our bodies. No special equipment is required, just bare feet! The cost for the whole term is £48.00 for 12 sessions. If you would like your child to be included, kindly drop me an email and I will formulate a list giving priority to existing *Yoga Bears*. After confirmation of getting a place (which I will try to do as soon as I can), I would please ask you to fill in the form below and either pay electronically or send a cheque in to the school office together with the form, preferably by the end of term. Please do get in touch with any questions.

Regards and Namaste

Julie

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Yoga Bears Spring Term 2019 – Years 1/2
Chestnut Lane School
Monday Lunchtimes 12:00-12:30

Name of Child

Class

Relevant Medical Info/Special Needs

Tel.: Email address:

SignatureDate