



Chestnut Lane School Yoga Bears - Years 1 & 2

Monday lunchtimes 12:00-12:30

Spring Term 2025

November 2024

Dear Parents/Carers Years 1 and 2

Chestnut Lane Yoga Bears: Monday Lunch-Time 12:00-12:30

Chestnut Lane Yoga Bears has been going for 20 years! Our yoga sessions are held in the hall Monday lunch-times 12:00-12:30. The yoga is fun and light-hearted with stretching, balancing, some relaxation and learning a little about our bodies. We incorporate music and stories too. No special equipment is required, just bare feet! The cost for the first half-term is £35.00 for 5 sessions; £7.00/session. (I am away for a few weeks during the second half-term). If you would like your child to be included, kindly drop me an email. After confirmation of getting a place, I would then please ask you to fill in the form below and either pay electronically (I will let you have my bank details) or send a cheque in to the school office together with the form. Please get in touch with any questions. (Priority places for existing Yoga Bears for next term)

Regards and Namaste

Julie

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Spring Term 25: Monday lunch-time 12:00-12:30

Name of Child

Class

Relevant Medical Info/Special Needs

Payment: Cheque/Electronically £35.00 (Please delete as appropriate)

Tel.: Email address:

Signature Date