

**Chestnut Lane School Yoga Bears - Years 1 & 2**

**Monday lunchtimes 12:00-12:30**

**Spring Term 2022**

5 December 2021

Dear Parents/Carers of Years 1 and 2

**Yoga Bears: Monday Lunch-Time:**

We will be re-starting Yoga Bears for Years 1 & 2 from Monday 10 January next term. The 9 x 30 min sessions will be held in the hall at lunchtime on Mondays. 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! All sessions will be COVID-compliant. The cost for the whole term is £45 for 9 sessions. Please note that there will be no yoga on the two Mondays after half term: 28 Feb and 7 Mar. If you would like your child to be included, kindly drop me an email and I will put a list together. After confirmation of getting a place, I would then 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, as soon as possible. Please get in touch with any questions.

Regards and Namaste

Julie

Julie Kenwright (BWY Dip)

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Name of Child .....

Class .....

Relevant Medical Info/Special Needs .....

Tel.: ..... Email address: .....

Signature .....Date .....