

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

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

**Spring Term 2023**

2 December 2022

Dear Parents/Carers Years 1 and 2

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

Spring Term Yoga starts Mon 9 January 23. Yoga Bears sessions are held in the hall on Monday lunch-times. The 30 minutes 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 £60 for 10 sessions. 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 (I will let you have my banking details) or send a cheque in to the school office together with the form, as soon as possible. Please get in touch with any questions.

Thank you to all those in the autumn term group 😊

(Priority places for existing Yoga Bears for next term).

Regards and Namaste

Julie

Julie Kenwright (BWY Dip)

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**Chestnut Lane School**

**Monday Lunch-times 12:00-12:30**

Name of Child .....

Class .....

Relevant Medical Info/Special Needs .....

Payment: Cheque/Electronically £60.00

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

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