



Breakfast Club Yoga Booking Form

Dear Parent/Carer,

Thank you for choosing to send your child to Breakfast Club Yoga!

We are going to start the day using animal postures to tell stories and breath to find a sense of calm and improve relaxation. This will enhance concentration, relieve anxiety, improve co-ordination, strength, confidence and body awareness and lead to a great day at school!

Before your child starts attending the club you must complete the health and safety form with all relevant details. Please also complete the booking form below and hand both back to the school office to book onto the club in a sealed envelope with payment - cheque or tick the box for bank transfer. *(If you wish to do a bank transfer please put your child's full name as a reference).*

Club Info:

Friday Mornings - 08.00-08.45am

Starting: Friday 12th January – 9th Feb, 23rd Feb – 23rd March (10 weeks)

Price £5 per session (£50 for term)

*Your child should wear PE kit/comfortable clothing or you can purchase a yoga club t-shirt.

*Bring water to each session

***Please be aware instructor is fully qualified to teach yoga, has children's first aid and safeguarding training and holds full insurance cover.*

Name of child:

Parent/Carer contact number and email:

Choice of Payment: *(please circle)* **CHEQUE**

BANK TRANSFER (Account number 00524346 Sort Code 110070)