Dear Parents,

Is your child's physical, mental and emotional health important to you? Did you know that children's yoga and mindfulness classes are a fun way of improving all of these? Yoga has been scientifically proven to reduce stress and anxiety as well as improving heart health, increasing strength, balance and flexibility. Mindfulness helps children get in touch with their thoughts and feelings, enabling them to manage emotions and communicate more effectively.

During these sessions, you can expect your child to:

* Have fun!

* Be part of a caring community.

* Play games that increase focus, concentration and balance.

* Learn breathing techniques that they can use at any time to manage their emotions.

* Learn how to relax.

Kids Yoga with Julia will be held on Mondays, in the hall from 3.30 – 4.30 pm on the following dates:

April: 25th **May: 9th, 16th, 23rd** **June: 6th, 13th, 20th, 27th.**

Sessions cost £5.50 per session. Book your child's space here:

https://www.juliahankins.co.uk/store/p53/Meriden_After_School_Summer_2022.html#/

Please ensure that I have your child's name, class, an emergency contact number, named adults who will collect and also any other information you feel is important (SEND, allergies, health conditions).

Warm wishes

Julia Hankins

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