

Together...

Believing, Achieving, Succeeding.

Dear Parents/Carers

We are delighted to let you know that we have managed to arrange for an external club to come into school to offer your child the opportunity to take part in a multi-sensory kids yoga class!

Sunny Vista multi-sensory kids yoga classes take children through a softly structured session combining dynamic yoga poses, meditation and mindfulness. This incorporates breathing exercises with flexibility, stamina and strength enhancing postures, followed by a blissful relaxation, before we hand your child back grounded and grinning, ready to make the best of the rest of their evening. 😊

- Certified 'Kidding Around' Yoga Teacher.
- British Wheel of Yoga registered.
- DBS Enhanced.
- Fully Insured.
- First Aid Trained.

We will be offering a club for Years 1-3 on a Wednesday from 3.20 - 4.05pm and there will be another club for Years 4-6 from 4.15 – 5pm, (for children in Years 4-6, children will need to be collected at the end of the day and returned back to school for 4.15 start). Classes will be booked in 5 week blocks with the first block starting on 19th September running to 31st October (no club during half term). Costs are £5 per session, £25 per 5 week block, payments will be made directly to Sunny Vista Yoga.

Parents/Carers can book via the link on Sunny Vistas Facebook page or website, this will not be available to book via the school Parentpay system. If you have any problems booking please contact Sunny Vista Yoga on 07955 850215.

https://m.facebook.com/sunnyvistayoga/events/?ref=page_internal&mt_nav=1

<https://sunnyvista101.wixsite.com/sunnyvistayoga>

Yours sincerely

Mrs Jenny Ashley Jones

Headteacher