

# NEWCHURCH COMMUNITY PRIMARY SCHOOL

5<sup>th</sup> January 2018

Dear Parents/Carers,

## Yoga Club

As part of our commitment to health, wellbeing and mindfulness, we are pleased to announce that we will be introducing a morning yoga club to the children in Years 2 - 6.

There is a growing body of research to back up yoga's mental health benefits. Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention, concentration, and calms the central nervous system, providing children with a great start to their day.

The club is free of charge and will take place on Thursday mornings beginning January 11<sup>th</sup> at the following times:

8:30 – 9:00 – Year 4, 5 and 6 children

9:00 – 9:30 – Year 2 and 3 children.

Each session will be delivered by Abi Lomax, a professional yoga teacher who has worked in many other schools in the area. Places for the club are limited and as we anticipate being oversubscribed, a draw will take place to select successful applicants.

For the opportunity for your child to participate in the club please fill out the form below and return to school by Monday 8<sup>th</sup> January.

Yours sincerely,



Mr Singleton

---

## Yoga Club

I ..... parent/carers of .....

in year ..... would like my child to be considered for a place in Yoga club.

You will be notified by our text messaging services if your child has been successful in securing a place.