



Tuesday 7th May 2024

SS Osmund & Andrew's R.C.P. School

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Dear Parent/Carer,

Mrs Valentine will be offering an after-school Yoga Club. Yoga has a wealth of benefits for children including calming the mind, dealing with emotions, raising self-esteem and moving the body. We will experience and explore yoga through poses, sequences, meditations, songs and games.

The Yoga Club will run every Friday beginning **on Friday 7th June** and finishing **Friday 12th July** from **3.20pm to 4.00pm** in the hall and will be open to Year 2.

If your child would like to attend the yoga club, please complete the electronic form which has been sent home by Monday 20th May. Due to space requirements there are only 15 spaces available. If more than 15 children want to attend, places will be offered to children on the waiting list from the current multi sports club (if they have applied for a yoga place) and then names will be drawn at random. Parents will be informed by text if their child has a place or not.

If your child receives a place, please provide them with suitable clothing they can move in and water to drink. Mats will be provided. Children will need to be collected from the school office at 4pm.

Yours sincerely,

Mrs Valentine
Class Teacher