



## Blending Yoga, Creativity and Fun to Help Children Thrive!



We're so excited to continue our **new club sessions** - 'FUN & ACRO-WARRIORS' at Hallam Primary School on **Thursday Lunchtimes** for Year 1 - Year 4.

Each half term there's a **new and exciting theme** including **ACRO yoga, VIBE yoga and ADVENTURE yoga!** With new certificates to award progress alongside, we're sure that your child(ren) will love our new-look club! 🧘 🧘 🧘 Expect **lots of fun**, whilst also **boosting your child's well-being and happiness**, our six themes of yoga follow:



- ✓ **Acrobatic balances & flow:** super cool balancing yoga poses - ACRO yoga 🩰
- ✓ **Music & dance:** a fun fusion of music, movement and yoga - VIBE yoga 🎵
- ✓ **Relax & chill:** fun yoga games, awesome breathing tricks - CHILL OUT yoga 😊
- ✓ **Explore our natural world:** connect with nature for good health - NATURE yoga 🌳
- ✓ **Drama & play:** feel brave and bold in our thrilling adventures - ADVENTURE yoga 🧗
- ✓ **Strength & stamina:** super fun, fast paced, cardio style - POWER yoga 💪

**Our theme in Spring 1 half term is Chill Out Yoga!** From **Thursday 16th January to 13th February 2025** (5 sessions - KS2 hall). Delivered by Rachel; a **fully qualified Children's Yoga Instructor** with a DBS and first aid qualification. Bring a PE kit and a bottle of water.

### How to book and pay for your child's place:

Each session is **£3.85** (total **£20.34 inc. book fee of 4.6%+20p**). With only **30 places** available, if your son/daughter is keen to join, visit our website and pay us directly as soon as you can!

**[Click here to book your child's place at Yoga Club!](#)**

Find your school \* Click 'Book FUN / ACRO WARRIORS at... ' \* You will arrive at our booking system to add details and pay \* If the club is full you can join the waiting list

Enquiries - Jo Wharton 07540 240 404 / Summer Riley 07540 489 779 or email [info@kidsloveyoga.org.uk](mailto:info@kidsloveyoga.org.uk). We look forward to seeing your child at school soon :)

Best wishes, Summer, Jo & Lisa