**JADES YOGA**

**CLUB DETAILS:**

Years: 3, 4, 5 & 6

Times: 3pm – 4pm

Venue: St Martins Scool Gym

Cost: £28 (7 sessions)

Friday: November 3rd, 10th, 17th, 24th

December 1st, 8th, 15th

Hello, I am delighted to be offering Yoga to Years 3, 4 & 5. I’m grateful to have trained in Hatha Yoga and also Rainbow Children’s Yoga. The list of Yoga benefits are endless, please see below. I am excited to share Yoga with Children and Young People as well as adults. Yoga mats and any props are provided, please wear comfortable clothing.

**Why Yoga**

Improves strength and flexibility • Increases self-confidence and builds a positive self-image • Increases emotional resilience • Nourishes creativity • Helps to balance body and mind • Teaches self-acceptance and self-love • Increases sensory awareness and general body awareness • Builds coordination and balance • Expands self-awareness, and awareness of others • Develops self-discipline and self-control • Builds concentration • Helps us to stand more erect and feel taller by supporting a long and flex spine • Fortifies all bodily systems; the skeletal, nervous, circulatory, digestive, respiratory, hormonal and muscular systems. And improves our understanding of anatomy • Increases awareness of breathing and deepens the breath • Is non competitive • Expands awareness of nature, animals and the environment • Helps build inner strength • Encourages cooperation and teamwork • Teaches how to relax and reduce stress• Encourages compassion, generosity, and respect • Teaches how to find inner peace • Yoga is fun!!!

**St Martin Primary School After School Yoga Club**

Pupil Name; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ D.O.B; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class teacher & Year;\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact & Number;\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email;\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you give consent for photos to be taken during sessions to advertise Children’s Yoga on social media? All photos will be shown to you before being used [ ] Yes [ ] No. Will child be picked up after session? [ ] Yes [ ] No – Will make own way home

Relevant Medical Information (allergies/injuries/disabilities etc):

*I would like my son/daughter to take part in the 7 yoga sessions. In the unlikely event of injury Jade Yoga, is not responsible for any accident, loss or damage to persons or property however caused, unless by negligence.*

Signed (Parent/Guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name (Please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PLEASE EMAIL JADE WELSH ON** hello@jade-welsh.com **to secure a place in advance, also to discuss any further questions. Cheques to be made payable to Jade Welsh, alternatively by bank transfer prior to the first session on 8th September 2017. Please hand in signed forms to reception at St Martins Primary School FAO Jade Welsh**

