



St Lawrence Breakfast Club

This class will introduce your little ones to yoga in a simple, structured, and uniquely effective programme that that help kids calm themselves and feel happy. Your children will learn the basic postures and concepts of yoga through adventures, games and arts & crafts.

Benefits of Yoga include:

- Improved gross and fine motor skills
- Enhanced concentration
- Increased flexibility and balance
- Boosting confidence
- Relaxing their minds

This form is to be completed by a parent/carer before a child can participate.

Please make cheques payable to 'Kaley Lammert'. If paying in cash, please hand this in together with the booking form into the school office in an envelope with your child's name and "Young Minds Yoga" written clearly on the front. There are limited places to this club – we will contact you by email or text to confirm your child's place.

- Commencing at **St Lawrence School**
- From 7:40am – 8:40am
- This club will be run by Kaley Lammert-Allsopp and will take place in the school hall
- Children will need appropriate clothing – school PE kit may be worn
- Cost – £65.00 (£5.00 per session) for **13 WEEKS**

Classes will commence on the following dates: SEP 9th, 16th, 23rd, 30th, OCT 7th, 14th, 21st, NOV 11th, 18th, 25th, DEC 2nd, 9th, 16th

Child's Personal Information

Name: _____ DOB: _____

Emergency Contact

Name: _____ Telephone: _____

Email: _____

Child's Health

Condition: _____ Medication: _____

- There will be no religious input into any of the sessions.
- If you have any queries, please contact: kaley.allsopp@btinternet.com Tel: 07711103778