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## SUNSHINE YOGA FOR CHILDREN!

[www.annebatcheler.co.uk](http://www.annebatcheler.co.uk)

Dear Parents

Would you like your child to take part in Sunshine Yoga classes next term?

### SUNSHINE is...

Imaginative and fun stretch and relax classes for children. Yoga postures, breathing and relaxation techniques are woven together into exciting stories. In the safety and familiarity of school and amongst their reception friends, children can have wild adventures and go on heroic journeys.

Classes end with relaxation, using visualisation and breathing techniques.

### Anne Batcheler is ...

A qualified and insured teacher of yoga for children (trained with YogaBugs). She runs clubs in several local schools and nurseries. She was an infant school teacher for 15 years and has 3 children of her own.

### Regular stretch and relax classes can have the following benefits:

**Breathing** exercises improve concentration and energy levels, whilst promoting healthy sleeping patterns.

**Relaxation** techniques clear the mind, allowing for better memory retention, whilst calming symptoms of anxiety & nervousness.

**Postures** help recharge a weak immune system and strengthen the core stabilising muscles of the abdomen and back whilst they help to tone the body and reduce the rising levels of childhood obesity.

**Classes** maintains a child's natural flexibility and develops agility and stamina.

**Affirmations** help children feel more confident.

**Class will be on a Thursday before school from 8:15 – 8:45am**

**DATES - Thurs 26th April – Thurs 12<sup>th</sup> July**

**The cost is £48 for the term.**

### To Register:

**In order for your child to take part the registration form below must be completed, signed and returned to Anne in class on or before the 22<sup>nd</sup> March 2018 and payment received by balance transfer, Sort Code 20 – 29 – 90 Account Number 13424332 Please put AS then your childs name as reference so I know who it is from.**

We cannot allow children to start classes until this form and payment have been received.

Apologies for being so strict but I am sure you appreciate this is the easiest way to manage the administration!

Any questions please email or call Anne Batcheler (Director of Sunshine) on the numbers above.

Best Wishes, Anne

Child's Full Name: ..... Class:.....

Date of Birth: .../.../..... Age:.....yrs

Contact Numbers: Home: ..... Mob:.....

Email:.....

Known allergies/physical Limitations/Concerns:.....

Parent/Guardian Signature: .....

Date:.../.../.....