

## **Dear Parents & Care-Givers**

My name is Ella and I'm a yoga teacher with 14 years experience and a previous career in child care, education & playwork and I'm delighted to be bringing these experiences together and working with Meare Village Primary School, to offer.....

### **Yoga with Ella After-School Club**

**Tuesdays 3:15 - 4:15**

### **Yoga, Mindfulness & Meditation**

**Tuesday 10 September - Tuesday 22 October 2024**

**£49 first for the half term (7 weeks @ £7 per class)**

**£35 each for additional siblings**

*You might know me from little Starlings,  
where I have been teaching a weekly yoga session since Easter :-)*

### **Yoga, mindfulness & meditation can:**

- help children to move with more confidence
- support children to develop a positive relationship with their bodies
- develop strength, flexibility & balance
- support the development of emotional regulation
- calm & strengthen the nervous system
- improve concentration & focus

### **Sessions will include:**

- mindful breathing to encourage self awareness & self care, to let go of the day, relax the mind & get centred
- lots of yoga postures & movements to have fun and enjoy the gift of a human body
- calming visualisations & guided meditation for physical, mental and emotional wellbeing
- lots of praise & positive reinforcement :-)

## **To book places:**

Please return the slip below to the school office (one slip per child)

and make payment by BACS, giving the name of the participant/s as the reference, to:

Holly Elizabeth Etoile

Triodos

16-58-10

21872465

Places will be given on a first come first served basis

- **Please send children to school with loose comfortable clothes to change into**
- **If they need a snack, that's fine - please send a healthy one and keep it light - we'll be moving a lot and we don't want anyone being sick!**
- **Children will be brought to the school gate at 4:15**

If you have any questions, please feel free to contact me on 07701 322 853

You can check me out at [serenityyoga.co.uk](http://serenityyoga.co.uk) - there's no Yoga for Children page yet, but it will give you a little more info about my approach to yoga in general.

**With best wishes**

**Ella Étoile**

**Serenity Yoga**

I give consent for .....(Student Name)

to attend the Yoga with Ella After School Club at Meare Village Primary School, on Tuesdays

She / he / they are allowed to walk home alone: yes / no (please circle)

She / he /they Will be collected by:.....

(children will not be handed over to anyone other than the named person / people, so please contact the school in advance if someone else is collecting the student, as per usual procedures)

Emergency Contact Name:.....

Phone Number:.....

Please state any health or medical conditions:

I know of no reason why.....cannot safely participate in a yoga session.

Signed

Name (Printed).....

Date

