



# After School Yoga Club

## Mondays 3.30 – 4.30



### What is involved?

Playing games,  
generating stories,  
learning songs.

Partner and group poses.

Relaxation.



### Why yoga?

There are so many physical, social and emotional benefits for a child to practice yoga. By introducing children to yoga at a young age, they will learn valuable tools that will serve them well and help them to be a happy, healthy human, throughout their life. Here are just a few ways in which you can expect your child to benefit from this experience:

- Most importantly- Yoga is fun!
- Yoga builds core strength and improves posture.
- Stretching is good for flexibility and compliments sport.
- Yoga improves balance, coordination and spatial awareness.
- Learning to relax helps create regular sleep patterns.
- Children become more aware of their emotions and gain greater control over them.
- Yogis learn to channel their energy and self- regulate more effectively.
- Activities and games during sessions help to develop critical thinking.
- The interactive nature of the classes increases confidence, creative thinking and communication skills.

### When?

The club takes place on Mondays in the school hall from 3.30 until 4.30. The dates for this half term are; 15<sup>th</sup> January, 22<sup>nd</sup> January, 29<sup>th</sup> January, 5<sup>th</sup> February.

### Booking and Payment

To book (and pay) online, please follow the link: <https://bookwhen.com/littleearthlingsafterschool> payment will be taken in advance.

If there are spaces, it is possible to join mid-term and pay only for the remaining sessions, just select a ticket for the date you wish your child to start.

**Please note, once you have completed the online booking form and accepted Little Earthlings Yoga's terms and conditions, responsibility for your child is handed over from Meriden CE School to Little Earthlings Yoga during yoga class times. As part of the booking form, you are requested to list the name or names of authorised adults who will be collecting your child after the club, along with their telephone numbers.**

**Any alternative arrangements to this must be communicated directly to Little Earthlings Yoga and not school before the start of the start of the club that day.**

**Little Earthlings Yoga 07919894351 (Julia Hankins)**