



## Amie May Rainbow Yoga for children

Yoga presented in a child's language obtains enormous benefits. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Teaching mindfulness and compassion to our children brings that inner light that all children have to the surface. Focusing widely on mindful movement rather than the culture of yoga, each class will combine exercise, interactive play and meditation.

Starting Friday 8<sup>th</sup> February I will be running a class before school at 8am.

The cost will be £30 per child up to the end of spring term (8weeks) or £50 for siblings. Yoga mats will be provided but we kindly ask if your child can bring along a small blanket or large scarf.

Classes are £4 per class but as an introduction to your school the cost is reduced and I can take 2 instalments, please see below.

If you have any questions please contact me.

07450994560

Amiemay3@gmail.com

Kindest regards

Amie

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Amie May Rainbow Yoga

I give permission for my child..... to attend yoga classes for 8 weeks

I agree to pay the sum of £30/£50 signed.....

I agree to pay 2 instalments of £15/£25 signed.....

