



Two Waters Key Stage 2 Yoga Club!

I'm delighted to announce that a new yoga club for children in Key Stage 2 will be running at Two Waters Primary school.

The club will run on Tuesday lunchtimes from 12.45-1.15.

Why is yoga so awesome?

There's no competition – everyone works with their own body as it is today

You feel good inside! Yoga can help with feelings of worry or upset.

You can surprise yourself at what you can do with your body.

Yoga can improve your concentration throughout the day.

Yoga can help with your performance in other activities like dance, martial arts, football, swimming and music!

Course dates: 30th April, 7th, 14th and 21st May, 4th, 11th, 18th and 25th June, 2nd and 9th July. £30 for the 10 week course. No classes on 28th May due to half term.

Classes are run by myself, Maria Oliver, a local British Wheel of Yoga teacher and certified Calm for Kids teacher. I am DBS checked, insured and trained in safeguarding and first aid.

Places are limited to 12 children.

To book your child's place, please complete and return this slip either with a cheque for M Oliver for £30, or pay via PayPal and ensure you enter the same email address below as on your PayPal account. Please note that refunds cannot be given once the course has started.

Child's name:	
Year:	
Health issues:	
Parent/carer email: (if paying by PayPal please use the same address as your PayPal account)	
Emergency contact telephone:	

Consent for child to receive hands-on adjustment

As a BWY teacher, I will use gentle hands-on adjustment occasionally to assist alignment, and if the young person is practising their yoga during my yoga lesson in an unsafe way when the instruction cannot be communicated in any other way, ie either verbally or through demonstration.

The adjustment will be made by my first verbally obtaining the permission of the young person, and then supporting the appropriate part of the body to make the adjustment.

I consent to Maria Oliver using hands-on adjustment with my child under the above-stated conditions, and I confirm that I am legally entitled to give consent.

Signed (Parent/carer)	
Name (please print)	

Consent for photographs to be used for publicity purposes

Occasionally I will take photographs of your children during class so that I can share what they have been doing, and so that I can use them on my Facebook page and website.

I will not include any information that allows your child to be identified. I will always share the photograph with you first either by email or via the closed Facebook group, before publishing it online, to ensure that you are happy with it. Please sign below if you consent to me taking photographs of your child.

Signed (Parent/carer)	
Name (please print)	

Photos will also be shared on the private Facebook Group Hobletts Manor Junior Children's Yoga which all parents signing their children up for the course can join – please search for the group on Facebook and send me a request to join! I will only approve requests from the parent/carer who has made the booking.

Payment

Cheques to be made payable to M Oliver, or pay via paypal www.paypal.me/boxmooryoga or log into PayPal and pay boxmooryoga@yahoo.co.uk

What does my child need?

Please bring comfortable clothes that will allow your child to move easily. There will be time for your child to get changed after school has finished and before the starts.

I look forward to welcoming your child to class!

Maria Oliver BWY Dip

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