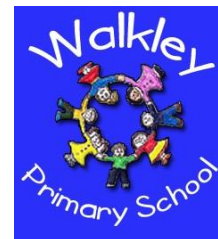


Walkley Primary School
Burnaby Crescent
Sheffield S6 2RZ
Tel: 0114 2340550
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Email: enquiries@walkley.sheffield.sch.uk
Web: <http://www.walkley.sheffield.sch.uk>

Headteacher: Val Sian
Deputy Headteacher: Chris Wallis
Chair of the Governing Body: Andy Wilcock



'Enjoyment, Achievement, and Learning for life...'

Tuesday 11th December 2018

Dear Parents/Carers,

Yoga Club at Walkley!

After another successful term of Yoga club at Walkley, we have decided to continue the club after Christmas. Yoga club will continue to be **Monday after school 3.15-4.15pm in Tennyson Hall**. We have had some fantastic feedback about the yoga and I would be great if we could see some new faces!

If you wish to be part of the Yoga club for next half term please contact Colette on the leaflet attached.

Miss Kendall

Sports Co-ordinator and Y4 Class Teacher

Monday After School Yoga Club

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**Starting 14th of January
at Walkley Primary School 3.15 - 4.15**

Offering a playful and sensitive approach to Yoga and mindfulness. My Yoga sessions will engage a child's creativity, imagination and build confidence in a non competitive environment. Yoga can give children the tools to feel good in their own skin and discover their individual shining qualities.

Benefits of yoga include:

- Improve physical strength, co-ordination and balance.
- Learn to calm the mind.
- Better concentration.
- A better understanding of emotions and how to deal with them.
- Instil a sense of self-worth and confidence.
- Develop creativity and imagination.
- Feel good in their own skin.

I believe that you are never too young to start practicing Yoga. All classes are age-appropriate, taught in a creative and fun way which children respond to and engage with. Classes will include playful games, fun activities and calming relaxation. Children will benefit even from their first class and will be keen to come back for more!



**£4 per class (to be paid in full per half term)
Places Limited.**

**For information and to reserve a place
contact Colette on 07931 492161
or e-mail yogawithcolette@gmail.com**

Fully Insured, DBS Checked & First Aid Qualified

