

Dear Parents and Carers,

My name is Faye and I am a KAY (Kidding Around Yoga) certified children's yoga teacher.

Kids Yoga has so many benefits such as increasing concentration, building confidence, reducing stress and living with a more peaceful state of mind.

This year I am running summer workshops at Bluntisham Village Hall.

The classes will be on every Tuesday of the summer holidays at 9.30 until 11.30am.

During the workshops your children will learn poses, mindfulness and meditation – leaving them (hopefully!) in a Zen-like state of mind.

We will also have lots of fun singing and dancing to some high-energy songs, playing yoga-inspired games and doing arts and crafts.

****Colouring Competition****

For the opportunity of getting your child the full workshop for free, please get them to colour in the attached mandala and send a photo of it to me on the below details. The best design will be chosen.

The cost is £120 for the full six weeks which includes yoga mat hire and a t-shirt they can keep 😊

Places are limited so please contact me directly to book.

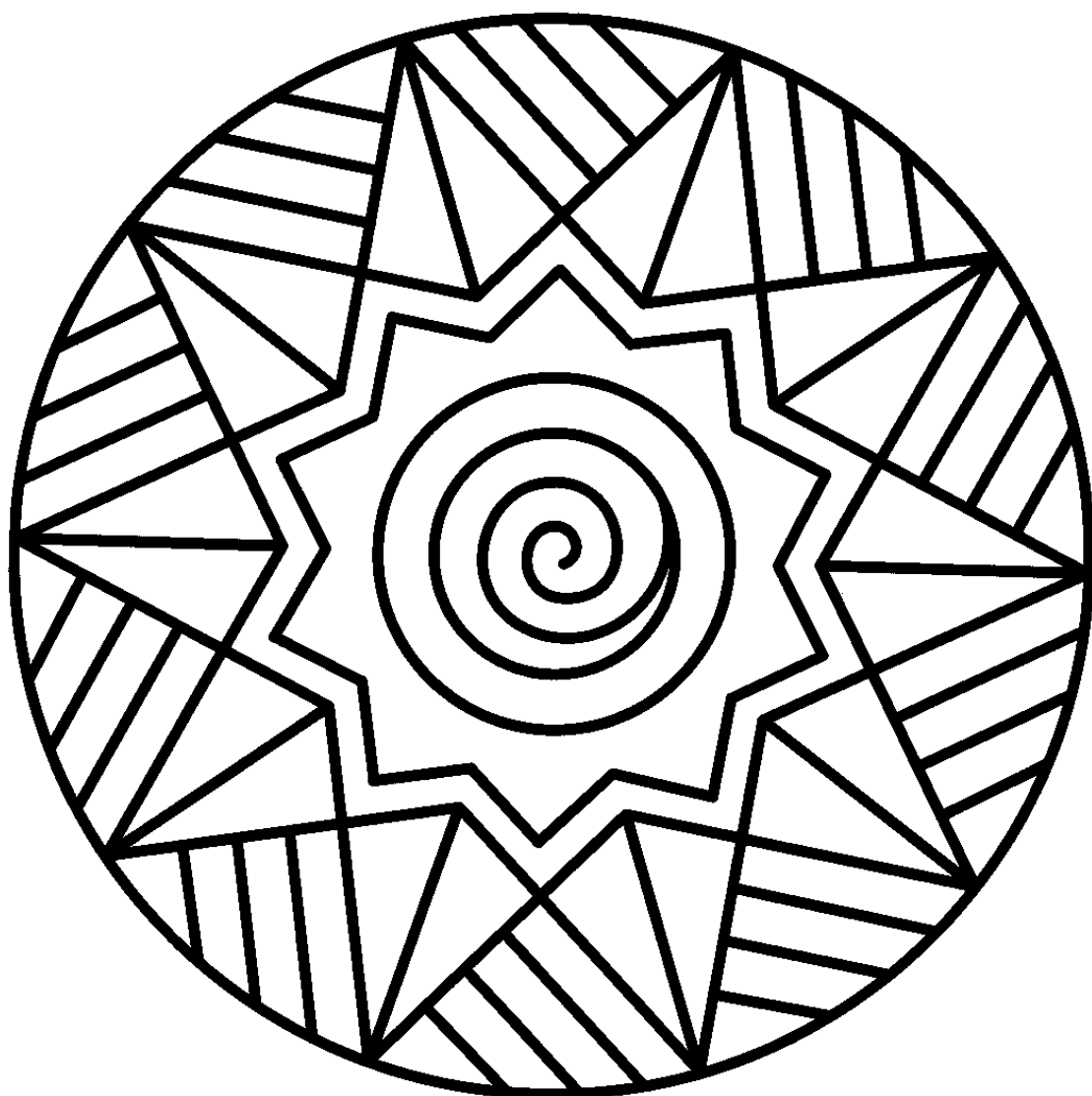
Namaste

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F: Faye's Kids Yoga



Name:

Age:

School: