

**YANA
Children's Yoga**



Kay Mistry
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07818403869

Dear Parents/Guardian

Firstly, I would like to introduce myself to you. My name is Kay and I am a qualified children's yoga teacher and accredited with the CMA (Complementary Medical Association). I have been practicing yoga myself for many years and would like to share its benefits with the children and show them how to have fun through various poses, mindfulness and games.

Please ensure your child has comfortable clothes to change into for the class and bare feet (no skirts or jeans). Hair must be off the face and jewellery removed.

In line with COVID-19 Government guidelines regards to sharing equipment I suggest children bring a small towel or blanket to put over a mat I will provide. Alternatively, children can bring their own mats. The mats provided will be sanitised before and after class, with 24 hours gap between classes.

I will be running two after school clubs at CRJS;

Years 5&6

Monday 28th September -14th December (**No yoga on 2nd November inset day**)

Time: 3.15-4.15pm

Years 3&4

Wednesday 30th September – 9th December

Time: 3.15-4.15pm

The fees for next term will be £50 (10 weeks at £5.00).

Please E-mail me to confirm your child's place as I have maximum of 10 places for each class and then complete the form below.

Payment can be made by Bank transfer or cash.

Account Name – Kalpna Mistry

Sort Code: 07-02-46

Account: 4132 2597

***Please Note* if you are paying by bank transfer please put "CRJ" plus child's name as reference. Please send cash payments with your child on the first lesson of term or hand into the CRJS office**

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Crawley Ridge Junior School

Aril-July 2020

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Please circle: Year 3&4 or Year 5&6

Child's Name..... Child's D.O.B.....

Home Address.....

Mobile Number/Emergency Contact..... E-mail Address.....

Payment method (please circle) - Bank transfer or Cash

Known Medical Conditions/ Allergies:.....

Parent/ Guardian Name..... Signed.....