

**YANA
Yoga For Children**



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 the benefits with children and show them how to have fun through poses and games.

I will provide mats for the children. Please ensure they have comfortable clothes to change into for the class and bare feet (no skirts or jeans). Hair must be off the face and jewellery removed.

I will be running two after school clubs at CRJS;

Years 5&6

Monday 13th January – 30th March 2020 (10 week term – 24th Feb Inset day)
Time: 3.15-4.15pm

Years 3&4

Wednesday 15th January – 25th March 2020 (10 week term)
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 January-March 2020 YANA Yoga for Children
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.....