

Yoga &  
mindfulness on  
Tuesdays

ST EDMUND'S Yoga Year 4- 6  
\*Free Taster Session for New Students\*  
DAY: Tuesdays  
COST: Summer Term £30 (£3 per session)  
TIME: 8 – 8:30 AM  
DATES: 30<sup>th</sup> April to 9<sup>th</sup> July 2019

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## THE BENEFITS OF YOGA AND MINDFULNESS

For children learning is a delight! Yoga can benefit children in so many ways, both physically and mentally. But mostly, it simply makes them feel good and is a great start to their school day! Learning to self-regulate at an early age is a wonderful benefit for all children.

*“The quieter you become, the more you can hear!”*

### Further information

- Wear PE kit or loose, comfortable clothing
- Please bring your own mat – all other props provided
- I am First Aid Qualified, DBS Checked and fully Insured to teach Yoga to Children
- [www.maireadamosyoga.com](http://www.maireadamosyoga.com) for more details about me or contact me at [maireadamos@yahoo.co.uk](mailto:maireadamos@yahoo.co.uk) if you have any queries



### MAIREAD AMOS

I started teaching yoga as a natural extension of my love of working with children as I am a trained Secondary School English teacher. My classes are relaxed and restorative and I aim to create a nurturing, safe environment where students can focus inward. I aim to make yoga fun and engaging as we explore the poses with creativity and imagination. There are always opportunities to dip into stillness and begin to experience what it means to slow down and develop self-awareness.

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## ST EDMUND'S SCHOOL YOGA CLUB BOOKING FORM

CHILD'S FULL NAME: \_\_\_\_\_ YEAR: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

CONTACT NAME & NO: \_\_\_\_\_

EMERGENCY NAME & NO: \_\_\_\_\_

MEDICAL CONCERNS/ALLERGIES: \_\_\_\_\_

(I sometimes use hands-on assists for alignment purposes but always seek permission first - please let me know if you would prefer me not to.)

EMAIL ADDRESS: \_\_\_\_\_

I enclose booking form and payment for Summer Term: Cash £ \_\_\_\_\_

Cheque - I enclose payment of: £ \_\_\_\_\_ or email me for Bank Transfer details

PARENT/GUARDIAN NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_