

September 2025

Yoga Bugz – FS, Years 1 and 2

Dear Parents/Carers,

As part of our focus on wellbeing and mental health, Miss Wilson will be delivering an after school club that will deliver yoga and mindfulness sessions to children that focuses around physical and emotional development. As the weather will have improved, we will be delivering these, where possible, outside.

The club is designed to encourage children's learning and development through a combination of storytelling, action songs, moves inspired by yoga and mindfulness- creating a calming environment where children learn whilst having fun!

This club will take place from 15.20 – 16.20 each Monday starting **Monday 15th September and finishing on Monday 8th December.**

*There are **14** places available and will be offered on a first come, first served basis. This is managed by Arbor and when the club becomes full, you will no longer be able to book a place. Booking opens at **on Thursday 4th September and closes on Thursday 11th September.** If you do **NOT** make payment, your child will not be added to the club. Full payment is required in order to run these clubs. As a school we have to cover the costs in order to offer these enrichment opportunities*

The cost will be £4.00 per session. The total for 12 sessions is £48.00.

Thank you
Miss Wilson



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