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Dear Parent/Carer,

Yoga After School Club
Mondays, 3:30–4:30pm
HBJS Hall
Autumn/Winter Term – 13 sessions



🌿 What's it all about?

Our Monday Yoga After School Club is a creative, welcoming space where children explore yoga through play. Each session is filled with movement, music, storytelling, games, and imagination—all designed to gently introduce yoga without pressure or competition. Children are encouraged to go at their own pace and simply enjoy the experience.

✨ Benefits of Yoga for Children:

- Builds emotional awareness and social confidence
- Improves balance, coordination, and body awareness
- Enhances calmness, focus, and concentration
- Supports academic performance and wellbeing
- Boosts flexibility, resilience, and self-esteem

See the magic in action:

www.yoganaturesheffield.org.uk/kids-yoga-classes

📅 **Dates:**
8, 15, 22, 29 September
6, 13, 20 October
3, 10, 17, 24 November
1 & 8 December

💰 **Cost for the Autumn/Winter Term:**
£78.00 for one child
£71.50 for each sibling
(e.g. two children = £149.50 total)

📅 **Payment Due By:**

Monday 1 September
Please note that payment is required before the club begins.

👉 **To book your child's place:**

Email Jo at jo@yoganaturesheffield.org.uk
I'll then send you the booking email and payment details.

With warmth,
Jo

Yoga Nature Sheffield 🌱