



SAM B YOGA



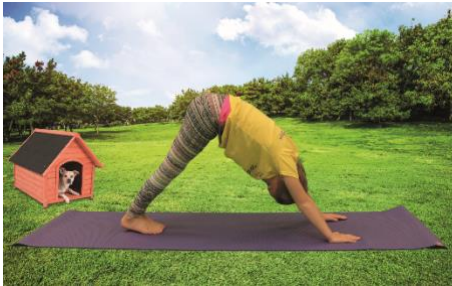
Dear Parents

Thank you to those who came to the QI Yoga Taster sessions – they were a great success!

I am pleased to report that all children said they enjoyed the experience and found it fun. 63% said their mind and body felt better afterwards, 89% said they felt calmer and 95% said they wanted to do more.

I am happy to say SAM B YOGA will be continuing the QI Yoga after-school club for pupils from Year 1 to 6 from 3.30-4.30 pm (numbers dependent).

It will run from Wednesday 11th January to 22nd March. If you would like to secure your place, book using the booking system with the shareable link.



If you have any further questions regarding the classes, my contact details are:

Sam – 07830186098

sbernice@sambyoga.com

SAM B YOGA classes are energetic, fun and relaxing. Each class is holistic and covers many elements from the National Curriculum.

Yoga has been proven to have many benefits. It is non-competitive, making physical exercise fun for children who otherwise shy away from competitive sports. By stretching all parts of their body and mind, massaging internal organs, and raising the heart rate working the body aerobically, children get a complete workout.

Breathing techniques are taught to calm the mind and body, promoting concentration, focus and relaxation. We encourage bonding between peer groups and gain a good rapport with all our classes. Yoga is known to be especially beneficial for children with Hypertonia, Hypotonia, Hemiplegia, Cerebral Palsy, Down's Syndrome, Autism, ADHD, Anxiety, Digestive & Sleep problems.