

Stanford School



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November 2024

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.

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 Thursday starting **Thursday 16th January and finish on Thursday 27th March.**

There are 14 spaces available and it will be on a first come first served basis. The cost will be £4.00 per session. The total for 10 sessions is £40.00.

Please visit Arbor parent app to book a place.

Thank you

Miss Wilson

