



Headteacher: Mrs J Callaway BA Hons QTS
jcallaway@avalon-school.co.uk

Caldy Road
West Kirby
Wirral
CH48 2HE

Telephone: 0151 625 6993
Fax: 0151 625 0332
E-mail: Schooloffice@avalon-school.co.uk

19 October 2018



LION'S ZEN

Dear Children & Parents

We are introducing a new yoga club called "Lion's Zen". Yoga is for everyone – you're never too young to start. Kids yoga classes are a wonderful way to increase children's co-ordination, self-awareness, confidence and self-esteem while they stretch and strengthen their bodies. Using yoga, children can learn to relax, concentrate and be gentle in a fun and creative environment.

It is open to boys and girls from Reception to Year 6 and will be held on Friday mornings from 8am until 8,30am, the club will be activities based around yoga and will include some mindfulness and calmness. Children will need to wear their PE kits for this club but all other equipment will be provided as necessary. Spaces are reserved on a first come, first serve basis up to a maximum of 12 children.

The cost of the club will be £3.50 per week, per child and will begin on Friday 9 November and will run for 5 weeks until Friday 7th December (inclusive) Money should be paid into the school office in cash in a named envelope (£17.50)

The session dates are 9th, 16th, 23rd, 30th November and 7th December.

Kind regards,

Jade Lanceley

jadeyogawellness@gmail.com

Mobile Tel: 07586 767482