



CHILDREN'S YOGA @ HAMSEY SCHOOL

sam@yogiebears.com

TERM 4 – All Years

Come and **HAVE FUN** learning yoga postures, relaxation techniques, breathing and relaxation exercises through the interaction of yoga stories, games and music.

Run by Mrs Grimsdell, Primary School Teacher, Adult, Teen and Children's Yoga Teacher certified. Registered with Yoga Alliance Professionals.

22 February 22 – 10 May 22

10 Sessions – £66.00

Benefits of Children's Yoga:

- Enhances focus and concentration.
- Increases flexibility, balance and co-ordination.
- Improves general well-being.
- Boosts self-esteem and confidence.
- Sense of calmness and relaxation improves.
- Feel healthier, happier and good about yourself!

If you would like your child to join in this fun yoga course, please complete and return the attached form to Sam@yogiebears.com

Term 4 Yoga Club – Hamsey School

Please leave £66.00 cash in a marked envelope with your child's name and class

with the School office **by Tuesday 22 Feb 22**

Childs name.....

Class

Year Group.....

Please print health form attached and put in envelope with the cash – many thanks.

Parents signature.....



CHILDREN'S YOGA

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PLEASE PRINT THIS FORM AND BRING ON THE FIRST DAY STARTING

Registration Form

Spring Term 2022

Child's Name:		Parent/Carers Name:	
Email address:			
Telephone:	Home:	Mobile:	

Medical Information

Has your child ever done Yoga before	Yes/No	
What is your main reason for wanting your child to do Yoga		
Does your child have any health issues/conditions	Yes/No	
Diabetes	Yes/No	
Epilepsy	Yes/No	
Asthma	Yes/No	
Recent fractures/sprains?	Yes/No	
Special needs (ADHD/ASD)	Yes/No	
Allergies e.g Lavender	Yes/No	
Any other conditions the teacher should know of:		

Waiver Agreement

This Waiver is not intended as a substitute for liability insurance coverage.

I.....(Parent/Guardian) of

inclass understand that yoga includes physical movements as well as an opportunity for relaxation, stress, re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury even serious or disabling is always present and can not be entirely eliminated.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not safe and not recommended under certain medical conditions. I confirm that I alone will be responsible to decide whether my child is fit to practice yoga. I also understand that supportive and encouraging touch massage, partner and group interaction is an integral part of this class.

I hereby agree to irrevocably release and waive any claims that I and or my child now or hereafter may have against Samantha Jane Grimsdell of Yogie Bears Children's Yoga.

Signed Parent/Carer:	Full Name:
Date:	Parent/Guardian of:

Please let me know if anything changes to the above during the course of the term (see email address).

Many thanks, Samantha Grimsdell

Yogie Bears Children's Yoga