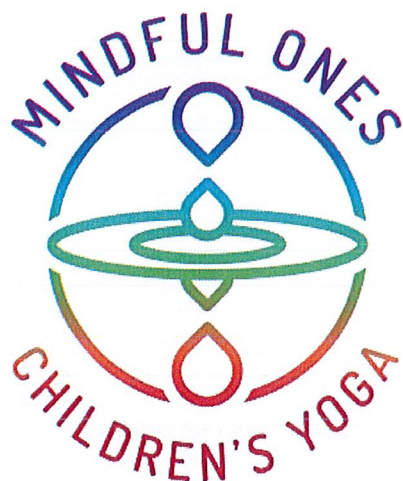




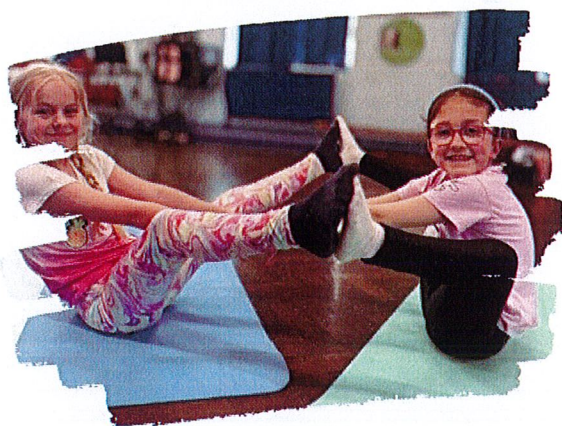
## YOGA & MINDFULNESS CLASSES FOR CHILDREN AGES 7-12 YEARS

### Sherree Davis

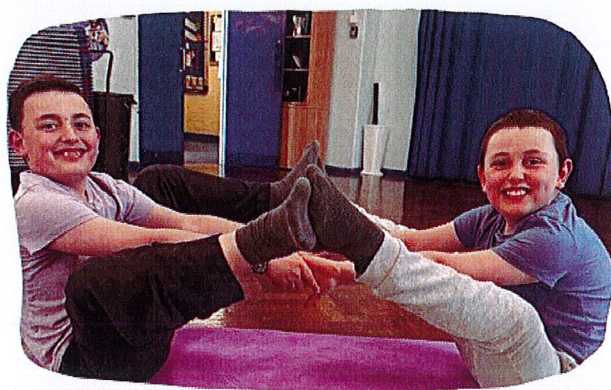
- Certified yoga instructor
- 20+ years experience working with children
- Qualified early years practitioner
- First aid trained
- Enhanced DSB checked & Insured

### What I teach in our lessons...

- Yoga poses that help with Strength, flexibility, and balance
- Awareness of our breath by practicing breathing exercises that help with big emotions. This equips them with the tools they need to feel calm, focus, energized and more
- Mindful activities to help them understand and be in the present moment (controlling the scattered mind)
- Encouraging awareness of nature and the rhythms of the world helps children feel connected, grounded, and mindful
- Growth mindset activities which help with confidence and self-esteem
- Lessons focused on kindness and gratitude which help with feeling of well-being and respect for others
- Stories and game that help with creativity and imagination



Scan Here to visit  
website!



### What parents have said...

NAMASTE 🙏

I WANTED TO TAKE A MOMENT TO THANK YOU FOR TODAY'S CLASS. THE FOCUS ON KINDNESS REALLY RESONATED WITH MY CHILD AND I COULD SEE HOW MUCH THEY ENJOYED THE SESSION. IT WAS TRULY HELPFUL AND HAS SPARKED SOME THOUGHTFUL CONVERSATIONS AT HOME.

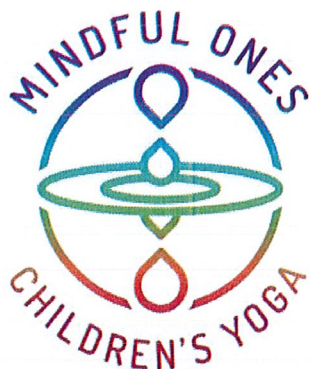
WE APPRECIATE YOUR DEDICATION AND THE POSITIVE IMPACT YOU HAVE ON THE KIDS. LOOKING FORWARD TO MORE INSIGHTFUL LESSONS IN THE FUTURE! 😊 NAMASTE

✉️ [INFO@MINDFULONES.CO.UK](mailto:INFO@MINDFULONES.CO.UK)

☎️ 07818 073102

🌐 [WWW.MINDFULONES.CO.UK](http://WWW.MINDFULONES.CO.UK)





Autumn term – 11 Weeks

Tuesdays and Fridays

3:20 pm – 4.20 pm

- Classes running every Tuesday from 15<sup>th</sup> Sep - 8<sup>th</sup> Dec  
Fridays from 18<sup>th</sup> Sep - 11<sup>th</sup> Dec
- Excluding half-term  
19<sup>th</sup> October - 30<sup>th</sup> October
- £10 per child per session
- £9 per additional sibling

**Communication and Payment Guidelines**

All responses should be sent electronically to [info@mindfulones.co.uk](mailto:info@mindfulones.co.uk). If this is not possible, parents may return slips via the office in a clearly labelled and sealed envelope. Please do not put any money in the envelope, as the school will not be held liable for any loss or theft of cash payments.

**Attendance and Refund Policy**

If your child will not be attending the club, PLEASE CONTACT SHERREE, the club provider, directly. Do not contact the school office for these matters. Please also note that if your child is unable to attend a club session for any reason, such as sickness or a scheduling conflict with another school activity, Mindful Ones or WBIS will be unable to offer a refund. The club provider will hand the children over to parents at the end of the session and contact parents if a child is ill. The office staff will only reach out to parents in an emergency.

## WHAT PARENTS HAVE SAID...

NAMASTE

I WOULD LIKE TO SAY A MASSIVE THANK YOU FOR YOUR MINDFUL YOGA CLASSES. IT HAS IMPROVED MY CHILD'S WELLBEING, AND SHE IS MUCH CALMER.

ALSO, WHEN SHE FEELS SAD OR ANGRY, SHE CONTROLS HER EMOTIONS MUCH BETTER BY GOING TO THE QUIET CORNER TO MEDITATE.

I CAN SEE A POSITIVE IMPACT ON ANGELINA OVERALL. :)

THANK YOU SO MUCH AGAIN.

NAMASTE

TO SIGN UP SCAN HERE



OR EMAIL

[INFO@MINDFULONES.CO.UK](mailto:INFO@MINDFULONES.CO.UK)

07818 073102

[WWW.MINDFULONES.CO.UK](http://WWW.MINDFULONES.CO.UK)



Emergency Contact Information

Child's Name:

Parent/Carer Name:

Email address:

Contact Telephone Number/s:

Any allergies or medical info: