



Y o g a G e n

Yoga for the next generation

## Yoga Club

YogaGen are excited to bring Yoga to the pupils of King Henry VIII Preparatory School (Hales) this Autumn. Improve your flexibility through yoga postures and unwind using relaxation techniques in this fun, interactive club designed specifically for children. Taught by Desh Chana, qualified Kido Kids Yoga Instructor with over 10 years Yoga experience.

Sessions run every Wednesday from 4-5pm during term time starting on 13<sup>th</sup> September to 13<sup>th</sup> December. This is a 12-week term and the cost is £5 per lesson. As part of an introductory offer the total fee for the Autumn Term is £55 (this includes a discount equivalent to 1 lesson free!). All equipment will be provided.

Yoga Club is open to all pupils. Places are limited as class sizes are kept small to enable your child to get the most out of their practice, therefore if you would like your son/daughter to join please email [yogagen@outlook.com](mailto:yogagen@outlook.com) with the following information as soon as possible:

- School Name
- Child's Name
- Year/Class
- Medical Conditions
- Parent/Guardian Contact Name
- Contact Telephone Number
- Contact Email Address
- Any Additional Information

We will contact you by email to provide confirmation of your place and payment instructions after the closing date.

If you have any questions please feel free to contact [yogagen@outlook.com](mailto:yogagen@outlook.com) or call/text Desh on 07738238437.