



**Yoga at Wheatfields Primary School**  
**Autumn Term Block 1 Course Dates**  
**Tuesdays After School 3:15-4:00**  
**9, 16, \* 30 September**  
**7, 14, 21 October (6 dates)**  
**£30 (£5 per session)**

*\*Please note – no class 23 September*

**Yoga moves, bends, stretches and empowers bodies and minds!**

Windmill Yoga classes will bring the benefits of yoga to children in a fun and playful way. Through games, postures, story-telling and child-friendly relaxation techniques, the children will benefit from:

- Improved balance and body awareness
- Improved posture and alignment
- Increased concentration, focus, attention span and memory
- Increased confidence and self-esteem
- Increased creativity and imagination

And they will learn skills to enable them to:

- Calm and clear the mind
- Reduce tension, stress and anxiety
- Lead a fit and healthy lifestyle
- Sleep!

To Book: <https://bookwhen.com/windmillyoga/e/ev-shbl-20250909151500>

*Please complete the form below and return to the school office or to me via your child or by email.*

**Little Windmills Yoga Registration Form**

**By signing up to Yoga Club, you are agreeing for relevant data from the school be shared with me**

All information given will be treated in the strictest confidence and stored in accordance with Data Protection legislation.

Child's Name:	Date of Birth:
Parent/Carer Name: Number: Email:	Permission for photos, may be used on social media. Yes/No
Known allergies/ physical limitations/ concerns:	Parent/Carer Signature:  Date:

