



YOGA CLASSES - KINDERGARTEN AND YEAR 1

Dear Parents/Carers,

As part of the PDHPE curriculum Kindergarten and Year 1 will be participating in a Yoga program.

Yoga, meditation and mindfulness has been proven to have a significant, positive affect on the body, brain and soul.

The children will learn how to breathe correctly, which will continue to benefit them through their growing years and teach them how to cope in various situations such as periods of stress, anxiety or pain. It is also beneficial for relaxation, sleep and to self-calm.

They will play fun games incorporating yoga poses or breathing exercises, enhance co-ordination and balance skills. Each week lessons will build on strengthening their spine, core and posture to stabilise them for their many years ahead.

The program will be run by 'Mindful monkeez yoga'. It will be a six week program beginning Week 4, 6 November 2019 and concluding Week 9, 11 December 2019.

Cost is \$45.00 for the six week program.

Please complete the permission note below and return to the office with payment by Friday 1 November 2019.

This activity has the approval of the principal.

Mrs K Sharman
Relieving Principal

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Yoga Classes Note - Kindergarten and Year 1

I give permission for my child _____ of class _____ to attend Yoga classes.

☐ I have enclosed payment of **\$ 45.00**

☐ I have made an online payment. My receipt number is _____.

Signed _____ Date _____
Parent / Carer