



# Gorsemoor Primary School

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2 November 2017

Dear Parents/Carers

Mrs Rowland and Mrs Wilson are running a Yoga and Mindfulness lunchtime club for Year 3 pupils starting on **Thursday 9 November for 6 weeks.** The sessions will take place at the beginning of lunchtime for half an hour, in order to give the children time to eat their lunch afterwards.

The sessions will involve:

- Learning different breathing techniques.
- Mindfulness and relaxation activities.
- Yoga poses for strength, balance and co-ordination.
- Learning the importance of gratitude.

**Your child has shown an interest in taking part.** If you would like them to do the course, please sign and return the permission slip below as soon as possible. If your child is given a place they will be notified by Tuesday 7<sup>th</sup> November. The maximum number of the group will be 10.

Yours sincerely

Mrs Rowland and Mrs Wilson

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## **Calm Space at Gorsemoor**

My Child \_\_\_\_\_ would like to attend the 6 week Calm Space club, starting on Thursday 9 November 2017.

Signed \_\_\_\_\_ Date \_\_\_\_\_