



Dear Parents/Carers,

We are very pleased to offer **Year 1-6 pupils** the opportunity to join our **weekly Breakfast Yoga Club** at Davyhulme Primary School led by Tactile Arts. The club will run **before school** from 8am-8.45am starting in September for the half term.

Breakfast Yoga Club: 8am - 8.45am

Year 1-2: Wednesdays

Year 3-6: Tuesdays

Yoga is a great activity for both fitness and mindfulness, and promotes relaxation, stress relief and enjoyment in children.

Our Yoga Clubs are delivered by our team of qualified children's yoga teachers and cover a wide range of movement, mindfulness and learning exercises through the practice. Each week is based around a different topic and we cover a wide range of skills and movement throughout the term.

Activities include animal style movement, story telling through postures, breath work, yoga movement and mindfulness. We introduce children to the benefits of yoga in a fun and interactive way, whilst teaching them key skills in mindfulness to take with them off the yoga mat and into their everyday life.

Places are limited and will be on a first come first served basis. The cost is **£6 per session**. Please provide suitable clothing - yoga mats are provided. The club is booked as a full half term course.

If you would like to book a place, please visit the below website to access our online booking system:

tactilearts.class4kids.co.uk

For any queries or more information, please email:
bookings@tactilearts.co.uk

All artists are fully DBS checked.

Thank you!
Tactile Arts