



ministry of yoga and well-being

AFTER SCHOOL YOGA CLUB

Yoga for children allows children to explore their physical, mental and emotional bodies, in a safe, supported and fun way.

The emphasis is always on encouraging children to move their bodies in a safe way that feels good for them. This allows them the space and time for creativity and to use their imagination. Most importantly, it creates a safe space for stillness and relaxation.

Yoga for children provides a much needed respite from the fast paced life that adults have created for them. A time for play and exploration, using the body, the mind and the breath in a systematic way, providing balance and relaxation.

Thursdays 3:15 - 4:15pm

Spring Term

14.10.19 - 11.02.19

BOOKING ESSENTIAL

Cost : £20 for the 5 week course

To book your child onto the following course please complete the following consent form and return to the school. Your child's place will only be confirmed once the consent form has been returned to the school and full payment has been received by the Ministry of Yoga.

Please send your payments to:

Lloyds Bank
30-87-84
55573460

Reference: ***Sound - 'child's name'***

Once you have made the bank transfer please email:
ministryofyogauk@gmail.com with the name of your child and date the payment was made.

Many Thanks

YOGA APPLICATION FORM

All parents or careers need to complete and sign the following health and safety form. Places shall be given on a first come first serve basis.

Child's name: _____

Age & date of birth: _____

School: _____

Does your child have any illnesses, medical conditions or disabilities?
For example, asthma or epilepsy? Yes / No

If so, please state details.

Does your child have any allergies? For example food allergies? Yes / No

If so, please state details.

Does your child have any behavioural issues or additional needs which might affect their ability to practise in a group? If so, please state below.

Parent / Carer contact details

Name:

Phone (mobile) :

Email :

Secondary emergency contact details

(name, relationship to child and contact telephone number)

From time to time we may take photographs during sessions which will be used for advertising purposes including social media sites. Please delete/sign below as appropriate:

I give/do not give my permission for my child to have their photograph taken and used for promotional purposes.

I acknowledge and fully understand that I, or my child, will be engaging in physical activities that may involve some risk of injury. I acknowledge and have been advised that it is my responsibility to consult with my or my child's doctor with respect to any past or present injury, illness, health problem or any other condition or medication that may affect my or my child's participation. I assume the foregoing risks and accept full personal responsibility for any personal injuries sustained by my child

which might incur as a result of participating in this program and discharge and hold harmless The Ministry of Yoga and its owners, from any claim, cause of action or liability for damages arising from any personal injury to my child or other persons or property during the kids yoga sessions.

Parent/Guardian
signature _____

Date _____

The Ministry of Yoga, Ash-Tec House,
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Crewe, CW2 7LE

Email: ministryofyogauk@gmail.com

Mobile: 07761035935