



Natural Solutions Therapy
Heidi Birr

21st February 2018

After school Kids Yoga Club with Heidi Birr

Fun, engaging and creative yoga for children, spiced up with lots of interaction, yoga games, music and acro-balance to encourage holistic wellbeing.

Time: 3:15pm to 4:15pm

Reception, Yrs. 1 & 2 starting Wednesday 28th February. Block booking required 5 weeks = £25

Yrs. 2/3/4/5/6 starting Thursday 1st March. Block booking required 4 weeks = £20

- Classes run in blocks; payment to be made on or before the start of the block to secure your place.
- You can join at any point in the block, but the price will be £7 per class and pay for the remainder of the term
- Payments can be made by cash or cheque made payable to Heidi Birr or BACS Name of recipient: Heidi Birr Sort Code: 77-26-17 Account No: 2965206002 Please use the student's surname as the reference.
- Kids can wear their school P.E kit with no shoes and socks
- Partner and group interaction is an integral part of this class
- Parents and carers should inform me of any health issues that may be relevant to their child/children

The Yoga teacher, will use hands-on adjustment occasionally to assist alignment, and if the young person is practicing their yoga during the yoga lesson in an unsafe way when the instruction cannot be communicated in any other way, i.e. either verbally or through demonstration.

The adjustment will be made by first verbally obtaining the permission of the young person, and then supporting the appropriate part of the body to make the appropriate adjustment.

Further information contact Heidi Birr 07816 418311 heidi@naturalsolutionstherapy

Please return the permission slip with payment to secure your child's place.
Circle as appropriate:

Cash Cheque BACS

Reception Yrs. 1/2 Wednesday 3:15 to 4:15 = £25

Yrs. 3/4/5/6 Thursday 3:15 to 4:15 = £20

I give permission for Year.....
to attend the Yoga Club.

Signed: Date:

Parents email address: Mobile: