



Julie Parkin
Bright Star Mindful Wellbeing

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Dear Parent/Carer

Would you like your child in Year 1 or Year 2 to attend creative yoga classes after school at Markeaton Primary School?

My name is Julie, owner of Bright Star Mindful Wellbeing, and I teach imaginative and fun yoga to children. Here is some information on what the classes entail:

In the safety and familiarity of their school, children go on wild and wonderful journeys as the heroes in their own adventure - and build their strength, balance and confidence in the process. We weave together stories with yoga postures and games, along with breathing and relaxation techniques. Classes offer a complete form of physical exercise in a safe and non-competitive environment. All classes end with a calming relaxation, using visualisation and breathing techniques, followed by a short creative activity.

Regular practice of yoga can have the following benefits:

Postures help recharge the immune system and strengthen the core,

Breathing exercises improve concentration and energy levels,

Relaxation techniques help focus the mind,

Affirmations help children feel more confident in themselves.

We are starting a new after school yoga club at Markeaton Primary School on Tuesday 20th September 2022. The sessions will start at 3.25pm and finish at 4.15pm every week, in the school hall. The cost is £5 per child per session, paid termly in advance. The first term is only five weeks (20th and 27th September, 4th, 11th and 18th October) so will be £25 for the term.

If you would like your child to attend, please email me at julie.beabrightstar@gmail.com by 19th September, with the following information:

Child's name and age,

Your child's year group,

Your name and your contact telephone number.

You are also welcome to call me on 07957 988597 if you would like any further information about the classes.

Yours sincerely

Julie Parkin
Bright Star Mindful Wellbeing

