



Julie Parkin
Bright Star Mindful Wellbeing

Tel: 07957 988597

Email: julie.beabrightstar@gmail.com

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Dear Parent/Carer

Would you like your child in Year 2 or 3 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.

We have just restarted the Bright Star After School Yoga Club at Markeaton Primary School and **a few places are now available**. The sessions run from 3.25pm to 4.25pm on Tuesdays, in the school hall. The cost is £5 per child per session, paid termly in advance.

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.

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 and regulate emotions,

Affirmations help children feel more confident in themselves.

Places are limited and are allocated on a first come, first served basis so if you would like your child to attend, please email me at julie.beabrightstar@gmail.com with your child's name, age and year group and your own name and contact details.

If a place is available, I will then send you a Registration Form and payment details.

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

