



**Julie Parkin**  
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Dear Parent/Carer

**Would you like your child to attend creative yoga sessions 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.

I run the Bright Star Yoga After School Club at Markeaton Primary School, and this year there will be two sessions per week.

- **Tuesday** sessions will be aimed at children in **Years 4, 5 and 6**, starting on 30<sup>th</sup> September.
- **Thursday** sessions will be for children in **Years 1, 2 and 3**, starting on 2<sup>nd</sup> October. All sessions run from 3.25pm to 4.25pm in the upstairs school hall. The cost is £6 per child per session, paid termly in advance.

Here is some information on what the sessions 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, so if you would like your child to join us, please email me at [julie.beabrightstar@gmail.com](mailto: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 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 Yoga Club.

Yours sincerely

Julie Parkin  
Bright Star Mindful Wellbeing

