



Leverstock Green Years 1 to 6 Yoga Club!

Spring term 2026

Learn about yoga and mindfulness through games, stories and themes such as gratitude, teamwork and dealing with difficult feelings. Yoga is non-competitive and children gain a sense of self-fulfilment and mastery by finding a version of each pose that works for them.

The 30 minute class will take place on Friday lunchtimes. Children will be sent to lunch early. They can take part in their school uniform, but girls may wish to wear shorts under their skirts or dresses.

Course dates: starting on Friday 16th January and running until Friday 20th March. No class during half term, on Friday 30th January (INSET) or Friday 27th February (whole school trip). £31.50 for the 7 week course.

Classes are run by myself, Maria Oliver, a local British Wheel of Yoga teacher and certified Calm for Kids teacher. I am DBS checked, insured and trained in safeguarding and first aid.

Places are limited to 12 children.

To book your child's place, please complete and return this slip by email or to the school office. Payment is either by cheque to M Oliver, via PayPal to boxmooryoga@yahoo.co.uk or bank transfer to Maria Oliver, 308049, 32206968. Please note that refunds cannot be given once the course has started.

Child's name:	
Year:	
Health issues:	
Parent/carer email: (if paying by PayPal please use the same address as your PayPal account)	
Emergency contact telephone:	

Consent for child to receive hands-on adjustment

As a BWY teacher, I will use gentle hands-on adjustment occasionally to assist alignment, and if the young person is practising their yoga during my yoga lesson in an unsafe way when the instruction cannot be communicated in any other way, ie either verbally or through demonstration.

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

I consent to Maria Oliver using hands-on adjustment with my child under the above-stated conditions, and I confirm that I am legally entitled to give consent.

Signed (Parent/carer)	
Name (please print)	

Consent for photographs to be used for publicity purposes

Occasionally I will take photographs of your children during class so that I can share what they have been doing, and so that I can use them on my Facebook page and website.

I will not include any information that allows your child to be identified. I will always share the photograph with you first either by email, before publishing it online, to ensure that you are happy with it. Please sign below if you consent to me taking photographs of your child.

Signed (Parent/carer)	
Name (please print)	

Payment

Cheques to be made payable to M Oliver, or pay via paypal www.paypal.me/boxmooryoga or log into PayPal and pay boxmooryoga@yahoo.co.uk

I look forward to welcoming your child to class!

Maria Oliver BWY Dip

www.boxmooryoga.co.uk

boxmooryoga@yahoo.co.uk

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