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**Yoga Nuts – Autumn 2025**

After a fabulous first term, we are back with our after school yoga club! We use a mixture of games and stories to make yoga fun. We focus on feeling good and learn techniques to deal with anxieties and worries. I am an experienced and fully qualified yoga teacher, who is DBS checked and safeguarding trained. For children in years R to 6. Sibling discounts available.

**Time:** 3.15-4.15 every Thursday

**Club dates:** Thursday 18th September to Thursday 11th December. No club on 30th October (half term).

**Cost**: £72 for the 12 week block.

**What does my child need?** Children can take part in school uniform, but may want to change into leggings or jogging bottoms so that they can move more easily.

**How to book:** Please complete this form and email it to me along with your payment. Payment is by PayPal to [boxmooryoga@yahoo.co.uk](mailto:boxmooryoga@yahoo.co.uk) or bank transfer to M Oliver, 308049, 32206968.

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| --- | --- |
| **Child’s name:** |  |
| **Year:** |  |
| **Health issues:** |  |
| **Parent/carer email** |  |
| **I consent to Boxmoor Yoga emailing me about classes** |  |
| **Emergency contact telephone:** |  |

I look forward to welcoming your child to our club!

Maria Oliver BWY Dip

[www.boxmooryoga.co.uk](http://www.boxmooryoga.co.uk)

[boxmooryoga@yahoo.co.uk](mailto:maria@boxmooryoga.co.uk)