

www.coolcatsyoga.co.uk  
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30 June 2025

Dear Parents

Cool Cats Yoga club will continue next school term, on Thursdays 3.30 - 4.15pm.

Cool Cats Yoga is an imaginative, child-centered, creative way of practicing yoga while having fun. Children are taught yoga postures through story, song, music or partner work. Classes end with a wonderful opportunity for children to relax. Through its posture work, breathing and relaxation techniques, Cool Cats Yoga provides children with tools to deal with emotional and stressful situations. These will support them through childhood and beyond. Some further positive effects that Yoga may have on your child include:

- Greater concentration and a clearer mind, increasing memory retention
- A stronger immune system and better sleeping patterns
- Stronger core stabilizing muscles of the abdomen and back
- Increased flexibility, co-ordination and balance
- Higher self-confidence and less anxiety

**For more details, please visit [coolcatsyoga.co.uk](http://coolcatsyoga.co.uk)**

15 classes (4 Sept - 18 Dec, excluding 30 Oct half term) will cost £75. Payment for the whole course is required at the time of booking. However, if necessary, alternative payment arrangements can be made. To reserve a place, please hand in the slip, together with payment (cheques payable to 'Cool Cats Yoga').

Catherine Goodall



I would like \_\_\_\_\_ in Class \_\_\_\_\_ to join Cool Cats Yoga Club in the Autumn term. I enclose cash / cheque payment of £75.

Signed \_\_\_\_\_ Date \_\_\_\_\_