

# Alford Cluster Yoga

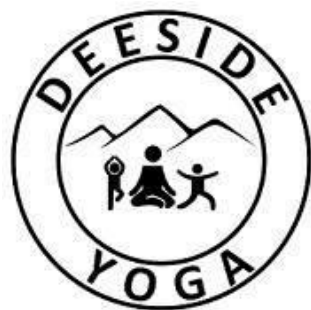
Alford Community Campus Dance Studio

Thursdays: 23<sup>rd</sup> November – 14<sup>th</sup> December

P1-3: 4.15 – 5.00pm

P4-7: 5.15 – 6.00pm

Cost: £12 for the 4 week block



The yoga classes are taught using stories or themes for younger children including yoga poses and dynamic movements. Older children are taught yoga poses through flowing movement. All classes include gentle breathing exercises and calming relaxation time.

Yoga can improve both the physical & mental health of children, build strength & resilience and help to reduce stress and anxiety.

Please return the consent form by email to [kerry.barlow@aberdeenshire.gov.uk](mailto:kerry.barlow@aberdeenshire.gov.uk) or hand it in to the Community Campus reception by **Monday 20<sup>th</sup> November**.

For more information please contact:  
**Kerry Barlow (Active Schools Coordinator),**  
 Telephone – 07823536227 / 01467 537514  
 E-mail [kerry.barlow@aberdeenshire.gov.uk](mailto:kerry.barlow@aberdeenshire.gov.uk)  
 c/o Alford Community Campus, Greystone Road, Alford  
 AB33 8TY



## Application Form for Active Schools Activities – Yoga

Child name	Year group (eg P2)
School	
Parent / Carer name	
Telephone number	
Mobile number	
Emergency Contact Name 1	
Emergency contact number(s)	
Emergency Contact Name 2	
Emergency contact number(s)	
Email address (please provide, as confirmation will be by email)	
Medical Conditions or Medical Requirements	
Photography or filming may take place during the sessions for promotion and publicity purposes. Images may be used in publications and on our website to publicise our services or celebrate special events. These may also appear in our printed publications, on our website, intranet, social media ie facebook, twitter and on plasma screens in various council offices. We may also send them to the news media. <input type="checkbox"/> Please tick this box if you <b>DO CONSENT</b> to your child being photographed and images used as indicated above  <input type="checkbox"/> Please tick this box if you <b>DO NOT</b> wish your child to be photographed and images used as indicated above <b>**Please tick one of the above boxes**</b>	
Signature of parent / carer:	
I give permission for my child to make their own way home <input type="checkbox"/>	I will collect my child after the class <input type="checkbox"/>

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