



# The Priory School

Educating Students for Success in Life

The Priory School  
Bedford Road  
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Hertfordshire  
SG5 2UR

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Headteacher: Mr Geraint Edwards

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8<sup>th</sup> November 2018  
KS/SC

Dear Parent / Carer

## Key Stage 5 Yoga

We have a superb opportunity for 15 students to take part in a 5 week yoga programme delivered by Alex Flatman from The Yoga Shed in Hitchin.

Alex specialises in teen yoga and is passionate about the physical and mental health benefits yoga can have. For students struggling with anxiety, stress or simply wanting some down time, yoga will be a great way to relax. Students do not need to have done yoga before, these sessions are open for all abilities, including beginners.

The sessions will run from Monday 14<sup>th</sup> January–Monday 11<sup>th</sup> February 2019, 2:30-3:30pm and will be held in our school gym, yoga mats will be provided. Students will need to wear comfortable clothing such as a t-shirt and jogging bottoms or leggings.

We have been given a heavily discounted price of £5 per session per student. If your child would like to take part, the total payment is £25 per student for the full 5 week programme. To avoid last minute cancellations, we are not accepting “pay-as-you-go” so students will need to commit to the full 5 week programme. Payment needs to be made in full by cheque (made payable to Alex Flatman) with signed parental consent (please see attached) by Friday 14<sup>th</sup> December in order to secure their space. Places for this programme will be allocated on a first come, first serve basis.

Once all 15 spaces have been filled, I will write to the parents of the successful students, confirming their place, ahead of the programme starting on Monday 14<sup>th</sup> January 2019.

If you have any questions regarding this programme please contact me at school [katie.southall@priory.herts.sch.uk](mailto:katie.southall@priory.herts.sch.uk)

Yours faithfully

**Mrs. Katie Southall**  
Assistant Headteacher



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**Please return this form to Mrs Southall by Friday 14<sup>th</sup> December**

I give permission for my child ..... Form ..... to attend the Key Stage 5 Yoga Sessions on Monday 14<sup>th</sup> January–Monday 11<sup>th</sup> February 2019.

Signed \_\_\_\_\_ Parent / Carer    Print name \_\_\_\_\_

In case of emergency, please contact:

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Photographs taken of your child may be used on The Priory School's literature/social media sites

If you consent to this, please tick the box

Photographs taken of your child may be used by The Yoga Shed for advertising outside of the school

If you consent to this, please tick the box