



30th October 2023

Dear Parents/Carers

I am writing to inform you that we are delighted at Freshfield to be able to offer our children the opportunity to take part in weekly yoga sessions, delivered by a trained yoga teacher.

Yoga in early years focuses on nurturing physical, mental, and emotional well-being through a holistic approach. It introduces children to mindfulness, breathing techniques, and gentle movements that promote flexibility, strength, and body awareness.

We and our children live in a very busy world where we sometimes struggle to take time out. Therefore, teaching our children how to relax, and care for their body and mind is vital for their future well-being. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. By doing yoga the children exercise, play, connect more deeply with their inner self, and develop an intimate relationship with the natural world that surrounds them.

We have arranged to work with a local yoga teacher called Erica. She is a qualified yoga teacher as well as a qualified teacher. Erica will visit Freshfield every Friday morning following half term up until the Christmas holiday.

Our yoga sessions will run for around 20-30 minutes and are based around rhymes, songs and familiar simple stories. We will cover many areas of the EYFS curriculum in the sessions, especially language and communication, personal, social and emotional skills and of course physical skills. Our children will be taught in small groups to allow calmness and to encourage the children to stay focussed and engaged. The children will use props such as scarves, yoga blocks and natural objects to make the sessions fun and engaging.

The children learn in a fun way as the sessions often incorporate storytelling, games, and interactive activities to engage their imagination and improve concentration. Through regular practice, children develop balance, coordination, and self-regulation skills.

To help us to provide these sessions for our children we are requesting a voluntary contribution of £5. You can make your contribution through your Parentmail account or alternatively put an amount that you can afford to contribute in an envelope with your child's name written on it.

Thank you in anticipation of your support and we hope that our children derive the enormous benefits of yoga but most importantly, we hope that they enjoy themselves and have fun!

Kind regards

Liz

Liz Richardson and Jenny Martin
Co-Headteachers