



HOUSEKEEPING

Centre 4 life, 351 Nepean Highway, Brighton East 3187

Hello I'm Jayne and I have been teaching children for over 20 years, I am from London and I moved here 17 years ago to start a family and call this magical place home.

I am an accredited Yoga therapy teacher and cannot wait to teach your child/ren and meet you all.

Let's share the LOVE and FUN.

Dear Families

I am very excited to teach your child/ren at Jem children's yoga and become engaged and connected while we have Jem yoga fun together.

Providing yoga to children is a passion of mine and I have been practising it myself for 15 years now. I want to share how I have found the peacefulness, calmness and strength within my body mind and soul. And I want to teach your children to make the best of the many lifelong skills that they will learn on this yoga journey at Jem children's yoga.

Housekeeping: There is plenty of parking in the service lane outside the property and in nearby streets. Generally there's a 2 hour limit though, so just be aware of that.

JEM Children's YOGA: is in the Centre 4 Life at the rear of the property. Head down the laneway to the left of 4thought psychology. Please enjoy our garden and respect other classes that may be finishing up, until it is your class time when the doors will open.

Please dress your child in comfortable clothes, remove shoes and socks before entering the room and place them inside in boxes provided.

There are toilets inside the Centre.

Please do not bring food into the centre, but water bottles are of course acceptable.

Session are 40 mins and are as follows:

Saturdays 2-2.40 (3-7yo) 3-3.40 (7-12yo) 4-4.40 (12-17yo)

\$20 each, 5x sessions \$90 OR 10x sessions \$170

Bookings

Please pay Jayne Munday BSB 063188 Acc 10183312

Looking forward to many YOGA sessions together.

Covid-19 reminders.

Please when dropping off and pick up can you wait on the veranda for social distancing purposes, situated in front of the Centre.

Feel free to leave and go for a walk and grab a coffee.

If possible can your child/ren bring their own mats? I will have them for you if you don't have one - no problem. I will be providing hand sanitizer for the children, as they will be asked to sanitize their hands on arrival when entering the room and leaving.

The bathrooms (as well as mats - if using mine) will be cleaned in between each class.

Please keep your child home if they are displaying any of the following symptoms:

- Fever
- Chills or sweats
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell or taste

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.

Many Thanks in advance
See you soon
Stay Safe
Namaste
Jem (Jayne)

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Facebook & Instagram : jem childrens yoga