Yoga Station HOUSEKEEPING

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 practising it myself for 15 years now, how I have found the peacefulness, calmness and strength within my body mind and soul, I want to teach your children to have these many lifelong skills that they will learn on this yoga journey at Jem children’s yoga.**

**Housekeeping: Parking can sometimes be tricky in this area so allow yourself time to park and find us, the classes run for 40 mins and will start at the given time.**

**JEM Children’s YOGA is positioned at the top of the stairs, first door on your left. Please dress your child in comfortable clothes, remove shoes and socks before entering the room.**

**Please make sure your child has been to the toilet (Opposite yoga room) and washed their hands with soap and water (Covid safe) so they do not interrupt their yoga fun.**

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

Session are 40 mins and are as follows:

Saturdays 9.50am (3-7yo) + 10.45am (7-12yo)

Teens 11.40am (12-17yo)

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

You can get discount of your very own Jem yoga covid mat with your first package so you can take the flow home

**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 on the right at the top of the stairs, please take note of the markings inside building and keep 1.5 metres apart. 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 for you if you don’t have one no problem or you can purchase your very own Jem yoga mat.

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 and yoga room (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 diarrhea may also be considered.

Many Thanks in advance

See you on soon

Stay Safe

Namaste

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