

Teen Yoga Club Booking Form

Name of participant:     Date of Birth:

E-mail:

Level of Award working towards:  DofE ID:

Course length required:

Class option: Tuesday 5.30 pm

Saturday 9.30 am

Name of parent/guardian:

Parent's/guardian telephone number:

E-mail:

Please return the completed form to annja@btopenworld.com



Course Details:

The course: Consists of a weekly 1 hour yoga class running for required length of 3 months or longer

Provisions for possible individual term time differences/holidays will be discussed with participants.

The classes: Interactive online yoga teaching in a waiting room secured zoom meeting

Each class has a theme such as fitness, exam anxiety and peak poses. The yoga poses as well as the breathing and relaxation techniques will reflect the class theme.

The classes include an opportunity to chat/ask questions.

Assessment: 1 Based on the continuous attendance of the students

2 Good communication of the candidate with the yoga instructor

This course or part of is also suitable for students outside the DofE award who wish to continue their yoga practice.

Attendance: Students should attend the classes live, but a recording of the practice can be used to substitute a weekly practice. This must be well communicated for isolated incidents only.

If for any reason I cannot teach the class at the arranged time, we will discuss alternative options suitable for all.

Cost: £130 for 3 months/13 classes (reductions will apply for 6 months bookings and longer). This includes continuous support, recordings for missed classes and final assessment.