

## **Online family yoga course**

These sessions will be a great opportunity to take a bit of time for parents and their children and learn some useful breathing, meditation and yoga techniques.

Below are the details for all of the sessions. Parents will be able to access them via zoom if they click the link or enter the meeting ID and password:

### **Session 1 - Thursday 10th September, 6.30pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/87571316762?pwd=T0tIR0daMFdnWEpiRk1VNFIJUzZFz09>

Meeting ID: 875 7131 6762

Passcode: FamilyYo20

### **Session 2 – Thursday 17th September 6.30pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/81365464986?pwd=QXJCQkVLSTRKQnptS3JNRVVISIBldz09>

Meeting ID: 813 6546 4986

Passcode: FamilyYo20

### **Session 3 -Thursday 24th September 6.30pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/88001045681?pwd=WmZUZnl6a2V2Ui9sbjVYd1kyUHduQT09>

Meeting ID: 880 0104 5681

Passcode: 338861

### **What you will need:**

- Comfortable clothing
- A clear bit of space in your room
- Water
- A pillow and blanket
- A notebook and pen if you want to take notes. although they will also have access to recorded versions of all the live sessions.

The sessions will all build progressively week on week and there will be time at the end of sessions to ask any questions or make any notes and reflections.

We will send out reminders of the sessions before each one occurs and we will also be recording the sessions so that anyone unable to make the live sessions can follow them at a later date.

If you have any further questions then please don't hesitate to get in touch.

Many thanks again

### **Caroline**

Caroline Holder

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