

ERA YOGA INFORMATION SHEET - 2023

ERA Yoga lessons take place in the School Hall on every Tuesday and Friday during Term as follows:

Tuesday Senior (Year 4 - 6): 7.45am – 8.45am

Friday Junior (Year 1 – 3): 8.00am – 8.45am

After the lesson is complete, children then go to their assigned play area where there is teacher supervision until the morning bell.

Payment is calculated for the Term at \$10 per lesson for the Junior Class and \$12 per lesson for the Senior Class.

The benefits for Yoga for children are:

- Increased calm, resilience and self esteem
- Better ability to manage stress and anxiety
- Improved sleep and digestion
- Boosted social skills
- Stronger and more flexible bodies

The ERA Yoga tutor is Elena Chovancak. She has:

- 450hrs of Yoga teaching, certification with Baulkham Hills Yoga.
- 95hrs of Kids Yoga teaching with Zenergy Yoga (including Kids yoga therapy)
- been teaching Yoga for the past 3 years.
- is a certified meditation facilitator

Please note:

- Children are to remove their shoes during the lesson or, as alternative, can wear grip socks i.e. bed or Flip Out socks.
- Children can do the lesson in their school uniform or, if they prefer, they can wear sports clothes and change after the lesson.
- Children can bring their own yoga mat if they have one. Spare yoga mats are available if your child does not have one.
- Enrolment is for the year and we assume that children continue from one term to the next unless we are told otherwise. Please let us know if your child no longer wishes to attend so we can offer the place to others on the waitlist.
- Payment is made each term at the beginning of the term. The cost per term is calculated based on the number of weeks for that day (i.e. number of Tuesdays when school is on for the Tuesday class, etc.) at \$12 per lesson for Senior Class and \$10 for Junior Friday Class.
- Parents MUST text Mrs Chovancak on 0450 902 527 if the student will not attend their scheduled activity OR if the student is running late.
- Parents must be prompt and arrive just before classes start.
- Mrs Chovancak will text the parent if a student does not arrive and is expected i.e. they have not received notification from the parent.
- ERA cannot arrange catch up lessons for any lesson that is missed, regardless of the reason.
- Please ensure to inform us of any change in your contact details (phone, email) as quickly as possible otherwise you might miss out on important correspondence.

If you have any questions about ERA activities, please contact the Yoga Coordinator, Min Park on 0433 210 879 or send an email to excelsiorera@gmail.com.