



# KIDS YOGA

Yoga in the classroom as a way to teach children how to relax, focus, and re-energize throughout the day. Playful yoga poses, animated breathing exercises and imaginative relaxation techniques increase child's strength, flexibility, coordination, and self-awareness. Yoga poses inspire creativity, as well as provide a sense of calmness and relaxation. Yoga provides an opportunity for children to learn something new, and develop self-discipline. All kids can benefit from Yoga!

Florida Yoga Academy has created a unique Kids Yoga program for young children 3-5 years old.

**Mondays 9:30a.m.-10:15a.m.**

**1<sup>st</sup> Semester until December 21<sup>st</sup>, 2020**

9/14, 21, 28, 10/ 5, 12,19, 26, 11/ 2, 9, 16, 23, 30, 12/7, 14, 21

**Tuition includes your child's Kids Yoga classes, registration fee, Kids Yoga tee-shirt that you get to keep!**

**Tuition amount \_\_\_\_\_**

### Student information:

Name \_\_\_\_\_

Birth date \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Contact Name and Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_ Payment Amount \_\_\_\_\_ Choice: Online \_\_\_ Check \_\_\_ Cash \_\_\_

Please convey the following information to your child: Asana (yoga posture) means posture easily held. If it's too hard or if it hurts, you can stop! You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day. I, the undersigned, parent or guardian, understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment. In the case where my child has an injury, sickness or anything else that may be affected by physical activity, I have consulted with a physician to ensure my child can take yoga classes. I recognize that it is my responsibility to notify the instructor of any serious illness or injury before every yoga class. I accept that neither the instructor, nor the hosting facility is liable for any injury, or damages, to person or property, resulting from the taking of the class. This form must be signed by a parent or guardian. I give permission to use photography/ video taken during yoga classes as Kids Yoga with Florida Yoga Academy, LLC property Yes \_\_\_ No \_\_\_ Parent / Guardian Signature

\_\_\_\_\_ Date \_\_\_\_\_

Florida Yoga Academy, LLC

Giedre Avellino,

Kids Yoga Program Director

**(239) 440- 5036 call/ text for any questions.**

giedre@floridayogaacademy.com

**For one FREE class trial, please email Giedre**

**PAY TUITION ONLINE: [FloridaYogAcademy.com/kids-yoga/](http://FloridaYogAcademy.com/kids-yoga/)**

