

# KIDS YOGA + MINDFULNESS



## **GRADES TK + KINDERGARTEN**

WEDNESDAYS from 1:45-2:10PM

MARCH 6, 13, 20 + 27, APRIL 3 (5 classes)

\$75 FOR THE SERIES (cost includes mat rental)

## **GRADES 1-5**

WEDNESDAYS from 2:15-3:00PM

MARCH 6, 13, 20 + 27, APRIL 3 (5 classes)

\$110 FOR THE SERIES (cost includes mat rental + materials)

The practice of yoga has physical and mental benefits for growing bodies and minds. These creative and fun yoga classes are designed to stimulate imagination, encourage body awareness and teach conscious breathing techniques. In class, we will learn yoga poses, play mindful games and also use craft activities to reinforce lessons from the day. This yoga program will help aid in building students self-expression, concentration and interpersonal skills in a fun and non-competitive setting.

Class is taught by Janet Carter who is passionate about teaching yoga and mindfulness to children of all ages. She designs developmentally and age appropriate fun classes for children from the ages and stages of toddlers through teenagers. Janet believes that yoga can give children tools that can help them socially and emotionally.

REGISTRATION

Please register by Thursday, February 28th or email janetkimcarter@gmail.com if after 2/28

Name \_\_\_\_\_ Parent Name \_\_\_\_\_

Grade/Teacher \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Pick up, please circle:      YMCA      Parent/Guardian Pick-up      Walk Home  
Other, please describe: \_\_\_\_\_

Allergies / Physical Limitations / Goals / Additional Info  
\_\_\_\_\_

+Payment: Check (payable : Janet Carter) or Cash left with the school office or VENMO  
+For questions, please contact Janet at janetkimcarter@gmail.com

**Please read and sign : Liability Waiver**

I individually as a parent and/or guardian of the minor child identified above hereby acknowledge the following notices and grant to Janet Carter the following release from liability. I acknowledge and fully understand that I, or my child, will be engaging in physical activities that may involve some risk of injury. I acknowledge and have been advised that it is my responsibility to consult with my or my child's physician with respect of any past or present injury, illness, health problem or any other condition or medication that may affect my or my child's participation. I assume the foregoing risks and accept full responsibility for any personal injuries sustained by my child which might incur as a result of participating in this program and discharge and hold harmless Janet Carter from any claim, cause of action or liability for damages arising from any personal injury to my child or other persons or property caused by myself or my child's participation in the yoga program.

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please read and sign : Photo Authorization Consent**

I agree to give Janet Carter permission to use photographs and video recordings of myself or my child for any promotional materials, including advertising and educational purposes. I understand the photographs and video recordings will be edited in your sole discretion, and I expressly release Janet Carter from all claims which I have or may have for invasion of privacy, defamation, or any other cause of action arising out of exhibition or distribution of any materials in which my child and/or I appear. I understand that no compensation be extended for such use.

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_