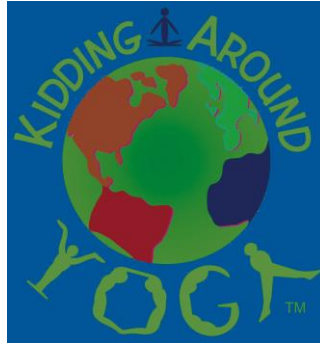


# *KIDDING AROUND YOGA with Miss Patti*

*An Afterschool Mindfulness Enrichment*



GIRLS AND BOYS 2<sup>ND</sup>, 3<sup>RD</sup> & 4<sup>TH</sup> GRADES

Wednesdays 2:30- 3:30

SIX WEEKS SESSION FOR \$55 (sibling discount \$45 each)

Dates include: 11/1, 11/8, 11/15, 11/29, 12/6. 12/13

*Space is limited to 16 and scholarships are available.*

This 6 week yoga session includes:

- yoga poses, dancing, breathing, jumping, skipping, laughing, stretching, meditation and a whole lot of FUN,
- yoga games & activities
- age and developmentally appropriate poses, meditation and breathing techniques,
- Yoga mats available for use, but of course any seasoned young yogi can bring their own,
- Parents are welcome to participate on the last day, more info to follow upon registration.

Please sign up by **October 27<sup>th</sup>** slots will be available on a first come first serve basis. Send in registration/waiver form along with payment in an enveloped marked Kidding Around Yoga –afterschool program.

*Students should be prepared with loose fitting clothing, bare feet and water bottles are recommended!*

# KIDDING AROUND YOGA CLASS WAIVER

## Kidding Around Yoga (KAY) • Instructor: Patti Donovan

### FAMILY DETAILS

Parent/Gaurdian: \_\_\_\_\_ Male / Female

Parent/Gaurdian: \_\_\_\_\_ Male / Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ ZipCode: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

EMERGENCY Contact and Telephone #: \_\_\_\_\_

### CHILD/CHILDREN DETAILS

Name: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_ Age: \_\_\_\_\_ Male / Female

Name: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_ Age: \_\_\_\_\_ Male / Female

If the child is currently experiencing any medical conditions (e.g. injury, asthma, epilepsy....) that the instructor should be informed of please specify here: \_\_\_\_\_

If the child is currently taking medications or has serious allergies that should be made known to medical personnel in case of an emergency, please indicate them here: \_\_\_\_\_

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### Waiver Section to be completed for ALL participants

#### Child Waiver (Under 18 years of age)

**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.

\_\_\_\_\_  
Name Child/Children (Print) Signature Date

\_\_\_\_\_  
Name of Parent/Guardian (Print) Signature Date

**Occasionally KAY w/PD takes photos, may we use photos of you, your family or your child for advertising purposes? No names or details will be given. Please circle YES or NO**

Typical dismissal process on non-yoga days: \_\_\_\_\_

Student Pick-up Plan/ Adults(s) who are allowed to pick up the student after Kidding Around Yoga class: \_\_\_\_\_

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Checks payable to: Patricia Donovan

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