

WAKEFIELD FOREST ELEMENTARY SCHOOL PTA- FALL 2019 YOGA CLUB



Yoga is beneficial for all ages and supports each student's growth & development. Self-awareness, flexibility, strength, coordination, focus and confidence are just some of the many benefits of yoga. Kid's yoga is a dynamic class where they learn poses, apply those poses to games, partner poses and activities. Mindfulness, relaxation techniques and breath work are also a part of each class. Students will be able to take skills they have learned in class and apply "off the mat" at home and in school.

Join the Yoga Club!

WHO: GRADES: K-6 (1 class)
WHEN: 8 weeks: Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 2019**
Makeup date for FCPS school closings: Dec 4, 2019
TIME: 3:30-4:30pm
COST: \$80.00 **a portion is donated to WFES PTA**

Mary Beth Quick (RYT 200, RCYT, EC Educator & Owner) created Heart & Soul Yoga LLC with the intention of integrating yoga, breath & mindfulness into schools for students of all ages and abilities. We are dedicated to giving back to the community through donations and volunteer work. Heart & Soul Yoga is an LLC, Licensed and Insured. Please have your child wear comfortable, loose fitting clothing. Yoga mats are available for use, but feel free to bring your own.

Student: _____ Grade: _____
Parent Email: _____ Cell: _____
Emergency Contact Name/Cell: _____

I give permission for my child _____ to attend yoga class for Fall 2019 session. I represent and warrant that my child is physically fit and has no medical condition that would prevent them from full participation in this yoga class. I take full responsibility for my child's participation in this class and release Heart and Soul Yoga, LLC and the instructors from any liability associated with my child's participation in the class. Parent Signature: _____

Photo/Video: I give permission for my child to be photographed and or videos taken by Heart & Soul Yoga LLC. Parent Signature: _____

Return completed form with payment (to Heart & Soul Yoga LLC) to the Main Office By September 27, 2019

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QUESTIONS? Contact Vicki Mansuy, vlindros@gmail.com