

FALL 2018 YOGA CLUB

SPONSORED BY WFES PTA



Heart & Soul Yoga™
peace, love, joy... breathe

*Yoga is beneficial for all ages and supports each student's individual growth & development. Practicing yoga can help to improve flexibility, strength, coordination, focus, awareness, balance and confidence. We will learn & practice fun & challenging poses (flow sequences in older groups), partner & group poses, basic anatomy, breathing, mindfulness & relaxation techniques. Students will be able to take the skills they have learned in class and apply "off the mat" in everyday life. **JOIN US!!***



- WHO:** Grades K-6
WHEN: Sept 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 28, Dec 5*
**Make up due to school closing, Dec 12*
TIME: 3:30-4:30pm
COST: \$100.00 for **10 weeks** **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.***

Name: _____ **Grade:** _____
Email: _____ **Cell** _____

Emergency Contact Name/Cell: _____

I _____ give permission for my child _____ to attend yoga class for fall 2018 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 & Soul Yoga, LLC and the instructors from any liability associated with my child's participation in the class.

I _____ give permission for my child _____ to be photographed and or videos taken by Heart & Soul Yoga.

Return completed form & payment (Heart & Soul Yoga LLC) to the Main Office

DUE: SEPTEMBER 21, 2018 QUESTIONS? Contact Vicki Mansuy, vlindros@gmail.com

FOR OFFICE USE ONLY: check#

Amount

QB

HR