

WAKEFIELD FOREST ELEMENTARY SCHOOL PTA- SPRING 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 3-6**** Only 1 class for spring session; must meet minimum of 10 students to run
WHEN: MINI-SESSION: May 8, 15, 22, 29th
TIME: 3:30-4:30pm
COST: \$40.00 for 4 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/Home _____
Emergency Contact Name/Phone: _____

I give permission for my child _____ to attend yoga class for spring 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.

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

Complete, sign form and return to the Main Office with payment (to Heart & Soul Yoga LLC) By MAY 3, 2019

www.heartandsoulyogava.com  <https://www.facebook.com/heartandsoulyogava/>

QUESTIONS? Contact Vicki Mansuy, vlindros@gmail.com