

# WAKEFIELD FOREST ELEMENTARY SCHOOL PTA- WINTER 2020 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: Jan 15, 22, 29, Feb 5, 12, 19, 26, (NO Mar 4), Mar 11\*\*  
\*\*Makeup date for FCPS school closings: Mar 18, 2020\*\*  
**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.*

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**Student:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Emergency Contact Name/Cell:** \_\_\_\_\_

**Known Allergies:** \_\_\_\_\_

I give permission for my child \_\_\_\_\_ to attend Winter 2020 session yoga 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. **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 **January 13, 2020****

[www.heartandsoulyogava.com](http://www.heartandsoulyogava.com)



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

**QUESTIONS? Contact Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com)**

FOR OFFICE USE ONLY: check#

Amount

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