



# YOGA LEARNING ADVENTURES

Kids Yoga with Angie Swearingian

## Frequently Asked Questions (FAQ)

### GENERAL INFORMATION

#### **What are the benefits of yoga for kids?**

Yoga builds confidence, improves focus, teaches tools to manage emotions in a healthy way, develops physical strength & balance, provides opportunities for social connections that are noncompetitive and inclusive.

#### **Where can I see photos and videos of kids yoga?**

Visit our website and Facebook page.

#### **How can I stay informed about kids yoga in Peoria?**

Subscribe to our mailing list, read our email newsletters, visit our website, and follow our Facebook page.

#### **How should my child dress?**

Dress comfortably in clothing with no buttons or zippers and plan to be barefoot. Be mindful of having a shirt long enough to tuck in for upside down poses. Please secure longer hair out of the face.

Occasionally we will have a theme and the children will have the option to dress up. This will never require families to buy anything new, instead just use clothing & accessories you have around the house.

#### **Are there assistants to help with the large class sizes?**

Yes, there is always at least one assistant helping the teacher.

#### **What type of payments are accepted?**

- Cash or checks made payable to Yoga Learning Adventures dropped off or mailed to Kellar School.
- Credit card payments can be made online. Paypal will e-mail you a receipt and notify us of your payment.

#### **Do you offer a discount?**

Yoga Classes: 10% discount for semester pre-payment  
Yoga Camps: \$25 off payments received by the early bird deadline

#### **What are the dismissal procedures?**

Parents, please wait quietly outside of the gym until we are finished at 4:45pm for yoga classes and noon for yoga camp. If you need to pick up your child early, please enter as quietly as possible. Thanks for understanding that we are often doing calming activities towards the end of class.

### KIDS YOGA CLASSES

#### **What do classes include?**

Classes include yoga & breathing exercises, games, art, music, stories, aromatherapy, & more! Students learn how to regulate their moods as well as get some exercise.

#### **How can I make sure my child has a spot in yoga class each month?**

Class size is limited and our classes fill quickly. The only way to secure your child's spot each month is to pay for the full semester upfront, otherwise monthly sessions are reserved on a first come, first served basis by submitting payment. **Each month's fees must be submitted by the day before the first class of the month.** Same day payments and registrations are not accepted unless prior arrangements are made.

#### **Do I need to complete the registration form each month?**

No. The registration form needs to be filled out only once per semester. From now on if you didn't prepay for the semester, just submit payment and that will serve as registration for the month.

#### **Does my child need to bring anything to yoga class?**

We have a limited number of yoga mats so if you have your own, please bring it. Your child is welcome to bring a healthy snack to eat before class begins. No dessert please.

#### **Can my child attend both days of yoga classes each week?**

Not at this time. Our classes have waiting lists so we want to provide the opportunity to as many children as possible to practice yoga.

### KIDS YOGA CAMP

#### **How can I ensure my child's spot in Kids Yoga Camp this summer?**

Class size is limited and camps fill quickly so we recommend registering ASAP.

#### **What does Kids Yoga Camp include?**

Kids Yoga Camp includes everything that weekly classes do, but in more depth and we also make a healthy snack each day. Watch the slideshow under the Kids Camp tab on our website to see what to expect at camp.

#### **Does my child need to bring anything to Kids Yoga Camp?**

We have a limited number of yoga mats so if you have your own, please bring it. Your child will also need a water bottle that is easy to recognize or is labeled with his/her name.

#### **What is the cancellation policy for Kids Yoga Camp?**

No refunds are available for cancellations within 7 days of the start date of camp sessions due to our class size limitations.

### **CONTACT INFORMATION**

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