

KID YOGA CLASS

Mondays, 3:15pm - 4:15pm

Nov 8th - Dec 13th

(K-6th Grade)

\$60 for a 6 week session

Location: 2nd Grade Pod Area



Teacher: Dana Hein-Skaggs, Kid Yoga, www.kidyogafun.com

In addition to stretching and strengthening exercises, this class is full of fun and creativity. Yoga postures promote full body-mind coordination, flexibility, focus, balance, positive emotional growth, and imaginative thinking. Through guided activities and cooperative games in which everyone wins, your child will become more physically fit, expand their sense of self-awareness, and develop their self-confidence.

Limited space is available in the class. If we receive more registration forms than the maximum allowed in the class by the due date, then we will use a lottery system to choose all the participants. You will be notified if your child was chosen or not chosen for the class.

*This class is only available to Rose Hill Elementary because of our parent volunteers. **One parent MUST be present at each class or it will be cancelled.** Please consider volunteering by marking YES below.*

Questions? Contact Joann Smith, jewelryjoann@yahoo.com, 425/739-0521

KIDS YOGA REGISTRATION FORM-DUE BY WEDNESDAY, NOVEMBER 3rd (via Kid Mail)

Student's Name: _____ Grade/Teacher: _____

Parent's Name: _____ Tel: _____ Email: _____

Emergency Contact Name & #: _____

Are you a PTSA Member? YES/NO. If so, can you volunteer to be present at a class?: YES/NO.

Would you like to donate \$1 to the Scholarship Fund at this time? YES/NO. (If so, please add to check)

Cost is \$60 per student. Please make check payable to Rose Hill Elementary PTSA.

Form is due by Wednesday, November 3rd. Please return form with payment in your kid's school folder.