

KID YOGA FUN!

Thursdays, 3:15pm - 4:15pm

Oct 13th - Nov 17th, Gym
(K-6th Grade)

\$60 for a 6 week session

(scholarships available upon request)



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

Kid Yoga is committed to fostering positive emotional growth, encouraging imaginative thinking, expanding self confidence, and promoting physical health and well being in kids. Classes are unique in design and are structured to include music, games, and active imaginations in the creation of an environment that invites children to get involved. 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. **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,

YOGA CLASS REGISTRATION FORM - DUE WEDNESDAY, OCTOBER 5TH

Submit form & check (\$60*) payable to RHE PTSA via KidsMail (folders) or to office

Student's Name: _____ Grade/Teacher: _____

Parent's Name: _____ Tel: _____

Contact Email: _____

Emergency Contact Name & #: _____

***Would you like ADD \$1 to your payment as a donation to the Scholarship Fund? YES/NO.**

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

Please check the date(s) you can help volunteer (you will only need to do one day):

10/13 _____ 10/20 _____ 10/27 _____ 11/3 _____ 11/10 _____ 11/17 _____