



Kids Yoga at

Woodlake Elementary!

Before life becomes too complicated for your young ones, give them the experience and benefits that yoga can add to their precious growing minds and bodies. The spirit and practice of yoga provides your child the environment and tools to explore who they are without comparison or competition. Kids Yoga expands the imagination and equips them with strength, focus, patience and intuitive thinking. Equally important, this practice gives children a sense of courage, wisdom and self-confidence that will help them in their daily lives with school, activities, sports and more! Through the use of yoga poses and breathing, Inner Power Kids Yoga will help your child build tons of natural physical strength, agility, and balance. Yoga also teaches children important lessons in:

- Respect
- Flexibility
- Compassion
- Intention
- Awareness
- Self Esteem
- Tolerance
- Friendship
- Acceptance
- Gratitude
- Balance

Enroll TODAY!

- Grades 1-5: Mondays, 2:30-3:30
- 8 week session starting January 23rd and ending March 19th 2012
- Cost of program: \$100
- Questions and enrollment contact:
Inner Power Yoga Studio 818-591-2639 Or email at linda@innerpoweryoga.net

*****Return to school office with check to Inner Power Yoga*****

Enrollment Form Date _____

Child's name _____

Age ____ Room number/Teacher _____

Address _____

Phone Number _____

Name of parent or guardian _____

Signature of parent or guardian _____

\$100 Class fee only,

(Check one)

Child has own yoga mat

Child needs to purchase mat for \$20

I, _____, the parent or guardian of _____, Hereby enroll my child in the Woodlake After School program. I understand there is no refund after the second class. I also understand there is no refund for absent days. I hereby release and discharge Inner Power Yoga and/or Woodlake School, instructors, employees, agents, and consultants of Inner Power Yoga and/or Woodlake school of liability for any claim, demand, injury, expenses, damage, action or cause of action due to enrollment and connected with any of the services or facilities of Inner Power Yoga and/or Woodlake School, including actions taken actively or passively by its instructors, employees, or agents.

Signed _____

Date _____