



# 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: Tuesdays, 1:30-2:30**
- 8 week session starting Tuesday, January 26, 2010
- Cost of program: \$100
- Students are more than welcome to bring their own yoga mat, or they can purchase one through us for \$17.
- Questions and enrollment contact:

**Inner Power Yoga Studio 818-591-2639 Or email at [linda@innerpoweryoga.net](mailto: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 \_\_\_\_\_

(Check one)

O\$100 Class fee only, child has own yoga mat

O\$117 Class fee and new yoga mat

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 \_\_\_\_\_