



Spring into Yoga! Yoga will be in full swing at University Elementary starting March 1st. In these classes, we help children learn how to control their energy, tap into their imagination, decrease any stress or anxiety, and just have fun through yoga. We do this through yoga adventures, games, songs, dancing, story time and meditation. Each week we will have a different themes and new creative poses that tie their classroom teachings in with our yoga program. Little You Yoga will provide all yoga mats and props. However, your child is welcome to bring his or her own mat. Please make sure your child has active wear for these classes.

Start Date: Thursdays: March: 1st, 8th, 15th, 22nd April 5th, 12th, 19th (7 week program)

Grades: 1st-5th

Price: \$10 per class (\$70 total)

Limit: 6 minimum per class and 25 maximum per class

SIGN UP DEADLINE: Forms must be in the office by TUESDAY FEBRUARY 27th!!!!

Childs Name _____ Nickname: _____

Birthday: _____ Grade: _____

Caregivers Name: _____

Email Address: _____ Phone Number: _____

Please indicate if your child will be picked up or if they will need to be sent to another afterschool program after yoga. _____

Please list all allergies, physical limitations, concerns, and goals:

I will be paying: (please circle one): CHECK VENMO

I the undersigned parent or guardian of the minor child identified above hereby acknowledge the following notices and grant Little You Yoga LLC the following release from liability:

A: I acknowledge and fully understand that my child will be engaging in physical activity that may involve some risk of injury. I acknowledge that I have been advised that it is my responsibility to consult with my children's physician with respect to any past or present injury, illness, health problem or any other condition or medication that may affect my child's participation. I assume the foregoing risk and accept full personal responsibility for any personal injuries sustained by my child which might incur as a result of participating in the program and discharge and hold harmless Little You Yoga LLC, its owner, employees, and grants from any claim, caused by myself or my child's participation in the little You Yoga LLC program.

B: I clearly understand that these classes follow the University Elementary calendar. Little You Yoga LLC will not make up any classes my child misses. There will be a maximum of two scheduled makeup sessions for weather cancellations. Little You Yoga llc will contact me before any weather cancelations using the contact information listed above.

C: Little You Yoga LLC has permission to use my child's photograph to promote Little You Yoga LLC. I understand that the images may be used in print publications, online publications, website, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use. _____ (initial)

Parent/Guardian Signature: _____ Date: _____