



discover Yoga

Yoga for Kids offers children, ages 7-12 years old, an introduction to yoga ideas and benefits. Boys and girls learn the benefits of the breath, guided visualizations and other relaxation techniques. Kids learn traditional yoga postures and breathing.

Yoga for Kids increases flexibility, self-awareness, and strengthens the body. The body, breath and mind techniques offer mindful, yet active, play.

Instructor: Alison Eliason
Time: 2:15pm-3:15pm
Dates: Wed., Nov. 7-Dec 12
(No class 11/21)
Ages: Gr. 2-6
Fee: \$44 for Yoga Series
Location: Discover Yoga, 16615
Redmond Way, Suite 201, Redmond,
WA 98052
Enrollment: 12



Pre-Registration Required for all Children's Classes

Walk-in or Mail Registration to: Neighborhood Schoolhouse, 16800 NE 80th St., Rm. 124, Redmond, WA 98052 425-702-3409

NEIGHBORHOOD SCHOOLHOUSE REGISTRATION FORM

"YOGA FOR KIDS" FALL 2007

\$44 Yoga Series 11/7-12/12

Student's Name: _____ Birth Date: _____ Sex: _____

Address: _____ City: _____ Zip: _____

Day Phone: _____ Evening Phone: _____ Emergency Phone: _____

School: _____ Teacher: _____ Grade: _____

I understand I am responsible for arranging transportation home and I will notify the instructor about this arrangement. I expect NSH instructors to provide supervision during class time. I will call NSH(869-7913) if my child will be absent from a class or activity. Upon notice of cancellation of an activity/class, I will arrange for my child's care. I will hold the Lake Washington School District and The Neighborhood Schoolhouse harmless for activities beyond their reasonable control.

Parent/Guardian Signature Required

Transportation to Discover Yoga studio needed. Parents must provide transportation home.

Scholarship needed.

Checks payable to NSH/Friends of Youth; Mail checks to NSH at Redmond El., 16800 NE 80th St., Redmond, WA98052

For Office use only: Date _____ Check # _____ Cash _____ Initials _____