

T u e s d a y s

Yoga! *With Yoga Tales*

Instructor: Yoga Tales

Time: 3:45-4:30 pm

Duration: 6 weeks

Cost: \$105/per student

Minimum / Maximum Enrollment: 8/15

(We are asking kids to get their own mats so they can practice at home and also for germ protection)

Dates: February 2, 9, 16, 23, March 2, 9

Building Strong Bodies and strong character...

All of our yoga classes for children ages 3-18 use stories, music and games to engage yoginis in healthful movement and help them grow stronger and more flexible. With focus on balancing techniques, including relaxation and stress reduction, which can help increase concentration and improve mental acuity.

Our fantastic new themes reinforce a sense of awareness and a thoughtful attitude in children – on and off the yoga mat. Every month we focus on one “theme,” such as self-esteem, truthfulness, patience, or healthy living habits. By exploring these concepts through their family experience and other examples, students come to their own unique understanding and begin to shape a lifelong value system.

Yoga Tales’ carefully structured, individually tailored approach helps children build strong bodies, agile minds and peaceful spirits.

If your child is interested, please fill out the other side of this form and return it with your payment of \$105.00 payable to YogaTales to Dawn Moffitt via Aidan Moffitt in Ms. Bartlow’s second grade class by Wednesday, January 27. Space is limited so hurry!

Make checks payable to: YogaTales

**Yoga Tales Registration
Rosemary Hills Elementary
After School Program**

Participant's Name: _____

Circle: M or F

Age: _____

Date of Birth: _____

Grade: _____

Teacher: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____

Email Address: _____

Parent/Guardian Name: _____

Name of Person picking up child after Yoga: _____

Phone # for that person if not above: _____

Please contact Dawn Moffitt at 301 495-9239 or dawn_k_moffitt@mcpsmd.org with questions.