

Kids Yoga

Free Sessions For December



Mondays: 11/30/15 & 12/7/15

After School ~ 12:30pm-1:00pm

Ages: 5-7

Location: Room 702

Tuesdays: 12/1/15 & 12/8/15

During lunch for grades 2-4 (12:00-12:30)

During lunch for grades 5-8 (12:45-1:15)

Location: TBD

Cindy Chauvapun, M.A., Ed. S.
School Psychologist at Innovations
Certified Kids Yoga Teacher
Certified Health & Wellness Educator
818.532.8883
Cchauvapun22@gmail.com

Registration Form Required

Complete Form Attached & Return

Limited spots per sessions

Kids yoga is taught with a creative, playful, and self-expressive approach to help kids learn basic yoga poses while having fun!

Benefits of Yoga

Body:

- Increases balance, body awareness, and coordination
- Enhances strength and flexibility

Mind:

- Reduces stress and anxiety
- Promotes calmness and increases attention

Spirit:

- Builds confidence and self-esteem
- Supports emotional intelligence
- Expands creativity

Kids Yoga Registration Form



Complete and return to Innovations Academy's front office.

Student Name: _____ Grade: ____ Age: ____

Physical Limitations/Known Allergies _____

Parent Name: _____

Phone Number: _____ Email: _____

Please read and give consent:

I, as parent/guardian of the minor identified above, hereby acknowledge the following notices and grant Cindy Chauvapun and Innovations Academy the following release:

Liability Release: I acknowledge and fully understand that my child will be engaging in physical activities that may involve some risk of injury. I acknowledge that I have been advised to consult with my child'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 in the Kids Yoga sessions. I assume the foregoing risks and accept personal responsibility for any personal injury sustained by my child and discharge and hold harmless Cindy Chauvapun and Innovations Academy, from any claim, cause of action or liability for damages arising from any personal injury to my child or other persons or property caused by my child's participation in the Kids Yoga sessions provided, however, that the foregoing shall not apply to the intentional or grossly negligent acts of Cindy Chauvapun and Innovations Academy.

Parent/Guardian Signature: _____ **Date:** _____