

F A L L 2 0 1 5

# Kids Yoga

Before and After School Classes (ages 8-13)



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 Ages 8-13

### Before School:

Tuesdays: 8:00am-8:45am

4 Sessions: 11/17, 12/1, 12/8, 12/15

### After School:

Mondays: 1:00pm-1:45pm

4 Sessions: 11/16, 11/30, 12/7, 12/14

### Price:

\$60 for 4 sessions (\$15/session)

Pre-registration required

Space is limited

No make up sessions

Wear comfortable clothes

Yoga mat encouraged, not required

### Instructor:

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

*Please feel free to contact me with any questions or concerns*

# Kids Yoga Registration Form

Before School Sessions Fall 2015  After School Sessions Fall 2015

Student Name: \_\_\_\_\_ Grade: \_\_\_\_ Age: \_\_\_\_

Physical Limitations/Known Allergies \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Payment: \$60 – Make check payable to Cindy Chauvapun

**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 program. 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 program 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:** \_\_\_\_\_



*Please complete and return to Innovations Academy's front office. Thank you!*