

REGISTRATION FORM

Yogi Yoga Kids™ classes

[www.yogiyogakids.com](http://www.yogiyogakids.com)

Name (child)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_\_ Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name (child)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_\_ Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name (parents)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone (cell) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Monthly Packages

Buy 4 classes (½ hour per class) $20

Buy 8 classes (½hour per class) $40

Please note: All classes bought have to be used within the 4-week period from the day you registered.

Payment via Interac e-transfer to [tina@yogiyogakids.com](mailto:tina@yogiyogakids.com) Once your payment is received you will be registered, and a Zoom code will be sent to the email address that you have provided.

GROUPS

\*Kindergarten until grade 3 (5-9 years old are GROUP A students)

\*Pre-Teens grade 5 & 6 (10-12 years old are GROUP B students)

GROUP A SCHEDULE

Lunch time yoga classes WEDNESDAYS 12:30-1:00pm

After school yoga classes THURSDAYS 4:00-4:30pm

Bedtime Yoga FRIDAYS 8:30-9:00pm

GROUP B SCHEDULE

Lunch time yoga classes TUESDAYS 12:30-1:00pm

After school Yoga classes FRIDAY 4:00-4:30pm

Evening Yoga class MONDAYS 5:30-6:00pm

For your children to have an enjoyable class they must be dressed in comfortable clothes, no crop tops, no jeans, no skirts or dresses please.

THEY WILL NEED:

* a yoga mat,
* blocks (optional) (Group B)
* a hand towel,
* a bottle of water.
* their favorite stuffed animal (Group A)

Thank you for choosing Yogi Yoga Kids!

Namaste



Tina Taylor, Creator of Yogi Yoga Kids™ and Certified Children’s Yoga Instructor

Would like to invite your children to join the

**Yogi Yoga Kids™ VIRTUAL SCHOOL program!**

I have created YOGI YOGA Using animation, music, songs, props and yoga games,

to make it fun and interesting for children of all ages.

The children laugh, stretch, breathe, and mimic all sorts of animals, which they will surely demonstrate to you!

During the program your children will learn:

Postures: the candlestick, the turtle, the frog, the snake

Breathing: big balloon belly breathes, volcano breathes

Positive thinking: To change ” I Can’t”, to ” I Can”

Meditation: Concentrating and focusing on poses

Relaxation: Floating on a white fluffy cloud

Relaxing from head to toe!

Positive affirmations: I love myself! I am smart!

With children’s natural flexibility and sense of balance, they usually find it far easier

to adopt the postures than adults and can make rapid progress.

Yogi Yoga for grades 5, 6, the class is less animated but just as fun! Students will learn and practice how to breathe. They will feel the benefits and effects on the body. They will also learn how to breathe through stressful moments. To calm the mind. Each class will finish with a mini meditation and a final relaxation.

PEACE, LOVE & YOGI YOGA