



YOGA CLASS

It's time to enjoy and have a lot of fun. Yoga is highly recommended for preschool children. Some benefits that in most cases you might notice in your child are: improvement of attention span, increase imagination, self-regulation, improvement of gross motor skills - balance, coordination, strength, and flexibility.

If you are interested in registering your child please fill out the form and return it to the front desk. The space is limited to give more attention to the group.

Cordially,
Ilka Sanchez
The Radiant Child and Asana Alphabet
Certified Instructor

New student Registration fee: \$50 (Includes: Yoga t-shirt; Mat; use of oils.)

Returning: \$35

Monthly Tuition: \$35

CHILDREN HAVE TO BE POTTY TRAINED

Select your class:

TUESDAY FROM 4:00-4:45 PM

Registration fee is due before classes begin.

Girls: Leggings, white Yoga T-shirt and crocs. **Boys:** Sweat pants, Yoga T-shirt and crocs.

___ Yes, my child will do Yoga

Child's name: _____ Age: _____

Allergies: _____

Parent: _____ Cellphone: _____

