

Kids Yoga



With Ellen Fitzgerald/Fit4kids

6 week program (one class per week @ B.A.S.E)

30 minute sessions

Cost: \$60 per child

Class Schedule and Time:

6 Week Session: Fridays 10:30-11:00 Beginning January 22, 2010

(More classes can be added if needed)

Kids Yoga

Is a fun and innovative form of exercise. The postures encourage balance, coordination and self expression. "Kids Yoga" provides a fun, playful introduction to yoga through flowing sequences, balancing poses, breathing exercises and creative relaxation techniques. We encourage a deeper sense of body awareness, and interpersonal skills. Partner poses and cooperative yoga games inspire positive peer interactions that can be carried into child's everyday life.

Ellen Fitzgerald's Experience: Bachelor of Science; Exercise Physiology,
Certified Children's yoga instructor; Fitness Instructor

Child's Name: _____

Child's Age and Class _____ / _____

I am allowing my child to practice yoga for six week program noted above.

Parent/Guardian Signature

Date

Printed Name

***** Please make checks payable to: **B.A.S.E** *****