

"Our mission is to enable students to foster self-awareness through regular instruction in yoga and meditation by qualified instructors. With greater self awareness, they can realize their full potential academically, socially, and emotionally."

Kindergarten-Second Grade Students

Join us after school on Wednesdays for Kids' Yoga at Marshall Road!

YoKid teacher: Cameron Lynn (kindergarten teacher at MRE)

The 7-week session will be Feb.8-Mar.21. Classes will be held for grades K-2 on Wednesdays from 4:00-4:45 in the music room. If any students miss a class, there will be a make-up class on Mar.28. Sticky mats will be provided. Cost is \$65 per child, check made out to YoKid. Submit Registration Form and Payment by Jan.18. Check here if interested in Scholarship _____.

Student Information/Registration form for Marshall Road Elementary School

Name _____ Birth Date and Grade _____

Address: _____

Phone (Home) _____ Phone (Work/Cell) _____

Email: _____ Parent/Guardian Name _____

Teacher's Name _____

Emergency Contact (Name/relationship) _____ Phone _____

After YoKid, child will be (circle one): Picked up by parent / Picked up by caretaker / Report to SACC

Please provide us with name and cell phone number of person picking up your child: _____

Please describe any medical conditions (illness, injury, and allergies - including food allergies, since we will provide a healthy snack at the end of class) the student is being treated for or has been treated for in the past:

Please identify any medications, prescription or otherwise, the student may be taking that could affect physical activities: _____

Release Form Due to the risks inherent in yoga and physical exercise all participants are required to have a completed Release of Liability form on file with YoKid...Stretch Your Limits. Students under the age of 18 must sign the form and have a parent or guardian sign the form as well.

I understand that yoga, meditation, & breathing exercises include physical movement as well as an opportunity for relaxation, stress re-education, and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

Yoga, meditation, & breathing exercises are not a substitute for medical attention, examination, diagnosis or treatment. I affirm that I (along with parent or guardian if a minor), alone am responsible to decide whether to practice yoga, meditation, & breathing exercises.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against YoKid and their instructors.

If you have a medical condition that may affect your ability to safely participate please consult your physician before engaging in this activity.

Print Student's Name

Signature of Student

Date

Signature of Parent/Guardian

Date