



CLASS DATE(S) / TIME: _____

COST: _____ (checks made payable to "YoKid")

SCHOOL / LOCATION: _____

WHY Yoga and Meditation for Kids?

- ∴ The fun movements and postures we do in class can help improve your child's balance, strength and flexibility
- ∴ Program teaches children about the importance of physical activity, nutrition and overall health
- ∴ Students will learn how to use the postures, movements and breathing exercises to help them be successful both in and out of school
- ∴ Group and partner exercises help children learn how to work cooperatively, follow rules and understand the relationship between their actions and the effects on those around them



Every child who participates in the YoKid program is encouraged to participate in the

YoKid Challenge - How many Sun Salutations can YOU do?

The YoKid Challenge is a fun-filled one-day event that gives students the opportunity to demonstrate what they've learned during their YoKid experience. Families and friends are welcome too!

The event will include helpful information on goal-setting, healthy-eating & we will challenge ourselves to do as many sun salutations as possible! Choose to attend the YoKid Challenge on:

Sunday, January 22, 2012 at 2pm, GW University, Lloyd Gym, Washington DC
OR Sunday, March 4, 2012 at 2pm, Cora Kelly Recreation Center, 25 West Reed Avenue Alexandria, VA 22305



What is a sun salutation?

It is a sequence of flowing yoga postures. The sequence has many benefits that include energizing and strengthening the body as well as calming and focusing the mind.

___ **YES!** Please register me and my child to participate in this year's event!

Child First & Last Name: _____ Challenge Date & Location: _____

Parent First & Last Name: _____ E-mail: _____

The first 100 students to register will receive a FREE YOGA MAT on the day of the event!

More information about the YoKid Challenge can be found online at:

www.yokid.org > Our Programs > YoKid Challenge

___ **YES!** I support YoKid in their mission to foster self-awareness through yoga & meditation programs for children from all socioeconomic backgrounds.

I would like to sponsor a child in the program by making a donation of \$ _____ with my YoKid registration today.



www.yokid.org



CLASS DATE(S) / TIME: _____

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Student Information – Please Print – Complete entire form

Name _____ Birth Date _____ Grade _____

Address _____

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

Email _____

Emergency Contact (Name/relationship) _____ Phone _____

After YoKid, child will (check one):

Be picked up by parent/caretaker: Name _____ Cell Phone _____

Participate in After-School Care Program

Describe any medical conditions (including illness or injury) the student is being treated for or has been treated for in the past: _____

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.

Use of photos

YoKid includes photos of YoKid activities on its website, educational materials, publications, & advertisements. Photos sometimes include classes of students engaged in yoga activities. In such materials YoKid will not identify any individual student by name unless specifically and separately authorized by guardians or parents.

By signing this release form you are hereby granting permission to YoKid...Stretch Your Limits, its representatives and employees the right to take photographs of classes that may include your child and authorize YoKid...Stretch Your Limits, its assigns and transferees to copyright, use and publish the same in print and/or electronically for any lawful purpose, including such purposes as publicity, illustration, advertising, & web content.

Please note: If you do not wish to give permission for YoKid to use photos that may include your children on its website, educational materials, publications, & advertisements, please indicate by initialing below.

Print Student's Name

Signature of Student

Date

Signature of Parent/Guardian

Date

_____ We/I hereby *do not* give permission for YoKid...Stretch Your Limits to use photos of YoKid activities in which my child appears on its website, educational materials, publications, & advertisements.