Yoga Classes

PROVIDED BY HAPPY FEET

Our yoga classes help children to:

Develop strong, flexible and healthy bodies
Increase concentration, focus and attention
Build self-esteem and confidence
Cultivate a peaceful, relaxed state of body and mind
Express creativity and imagination
Acquire personal tools for stress management
Understand anatomy and health
Foster language development and social interaction
Explore self-reflection

Tuesdays 3-4:00 pm Grades K-5

Yoga develops the entire body and mind. Participating in our Happy Feet Yoga program sets the stage for a life-long foundation of well being for your child.

PAYMENTS

1 Child $132/session/ 11week session

Dates: March 23rd, 2010– June 8th, 2010
NO CLASS on 4/6

Please Contact Happy Feet if interested in a scholarship to check on availability.

Minimum enrollment is 5, Maximum is 15.

Please send all payments to: Happy Feet
4096 Piedmont Ave #807 Oakland, Ca 94611

Please do not give sign-ups or payments to teachers or the school office

(925) 295-8706

Sign–Up

School Name: _____

Student Name: _____ Grade: _____

Mailing Address: _____

Email address: _____

Home Phone: (_____) _____ Contact Name:_____

I understand that Yoga can be strenuous to the body and will not hold Happy Feet liable for any injuries my child may incur.

_____ _____

Signature *Date*

My child will attend Adventure Time after yoga class: Yes( ) No( )
If your child will not be attending Adventure Time, please pick them up promptly after class.
ALL CLASSES WILL BE HELD IN THE BAND ROOM