

GRADES K-5

SPRING 2019

After School Yoga

- Enhances Mindfulness
- Promotes Kindness
- Builds Self-Confidence
- Develops Gross Motor Skills
- Encourages Growth Mindset

This program will introduce the core concepts of yoga, which are primarily skills that foster the management of healthy daily lives. From physical body awareness and understanding, to social and emotional development and well-being, participants will discover connections between their every day life experiences to their very own practice of yoga.

REGISTER BY 1.16

Thursdays from 3:15-4:30

Participants will **gather in F2 (Ms Brown's Art Room)** following carline and be given time for a snack before we begin.

Pick up from Lower School Livingston Carline.

The cost is \$250 for the semester.

Led by Addy Brown, LS Art Teacher. Ms. Brown is a certified 200hrYT with 5 years of yoga practice experience in addition to 10+ years experience involving various youth programs.

Registration Form: CSN Lower School Website see: After School Opportunities OR Pick-up from LS Office
Questions: See Addy Brown

Program begins January 17th.

CSN After School Yoga Program: Registration Form Spring 2019

Participant Name: _____ Grade: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

"I certify that my child is in good physical condition and can partake in CSN's After School Yoga Program. I grant permission for the director of CSN's After School Yoga Program to act for me according to their best judgement in any emergency requiring medical attention, including treatment at a local hospital."

"I hereby acknowledge that participation in this activity involves an inherent risk of physical injury, and, on behalf of the registrant, I hereby release the Community School of Naples and all employees and agents thereof from any and all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property, and the consequences thereof, resulting in the registrant's participation in or involvement with this activity, including any failure of equipment or defect in the premises."

Signature (Parent or Guardian)

Date

Please return form along with registration payment to Addy Brown in the lower school art room (F2) or to Alison Haidle in the Lower School Office. Make checks payable to Addy Brown.

REGISTRATION DEADLINE: JANUARY 16, 2019