

Kids can join our yoga classes anytime!!

Learn to stretch, strengthen, relax and have fun with



What Is YogaBuddies?

YogaBuddies' fun and creative curriculum for kids integrates yoga poses with character building lessons, breathing techniques and fun yoga games into every class.

YogaBuddies Benefits

- ♥ Improve Strength
- ♥ Develop Body Awareness
- ♥ Flexibility & Balance
- ♥ Heighten self-esteem
- ♥ Increase Focus
- ♥ Feeling peaceful and calm

Visit our website at
www.yogabuddies.com

DETAILS:

Who: Grades 2-5

When: Wednesdays

Time: 3:15 - 4:15pm

Dates: Jan. 20 - Mar. 31, 2010

Fee: 11-week session \$145*

*Enroll after 1/20 & we will pro-rate

Where: Elementary Science Lab

** Bring a yoga mat or buy an Eco-Friendly yoga mat from us for \$20 (please include amount w/ payment)

Any questions please contact YogaBuddies CEO Danay at 310.503.6952 or danay@yogabuddies.net

Fill Out, Sign, and Detach slip with check payable to YogaBuddies, LLC

This form is to be turned in to the office by January 18, 2010

Name of child: _____ Age: _____ Date of Birth: _____ Grade: _____

Parents' Names: _____ Phone Number(s): _____

Parents' Email: _____ Phone Number(s): _____

(used for updates & notifications only)

11 Classes @ \$145 *IF purchasing a \$20 yoga mat total fee is \$165

Total amount enclosed: _____ Check Number: _____

Please read carefully and sign-

I hereby enroll my child in the YogaBuddies, LLC program. I understand that there is no refund after the first class or for any missed classes. I also understand there will be a \$20 fee for returned checks. I hereby expressly release YogaBuddies, LLC and American Martyrs School, all its employees, instructors, agents, and owners of any and all liability for any claim, demand, injury, expense, damage, action or cause of action arising out of or in connection with my child's participation in the YogaBuddies program.

Signature: _____ Date: _____