

# Yoga classes



In these fun and active classes kids will stretch and energize their bodies and minds through individual and group poses, mindfulness games and self calming techniques. Classes will help kids improve strength, flexibility and coordination while increasing self-confidence and encouraging a cooperative spirit....all while having lots of fun! Classes meet in the library.

DAY: Thursday (Grades K-3)

DAY: Monday (Grades 4-8)

DATES: Jan 12<sup>th</sup>- March 15<sup>th</sup>

DATES: Jan 9<sup>th</sup> - March 19<sup>th</sup>

TIME: 3:00-4:00

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COST: \$100 (10 weeks)

COST: \$90 (9 weeks, no class 1/16, 2/20)

ROOM: Library

ROOM: 104

Classes taught by Leslie Wilda, mom and certified adult and kids yoga teacher, and trained kids yoga therapy practitioner. For more information please call Leslie at 541-778-4541 or visit [www.yogaplaygrounds.net](http://www.yogaplaygrounds.net)

To enroll your child, please fill out the form below and mail with payment by Dec 14th. Checks payable to Leslie Wilda, 2420 NE 15<sup>th</sup> Ave #4, Portland, OR 97212

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Student (please print)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Grade \_\_\_\_\_

Circle class day:    Monday      Thursday

Parent Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Who is authorized for pickup? \_\_\_\_\_