

shine for students

Yoga helps center and ground young people, improving concentration and focus. Practicing yoga is also a great way to reduce stress and maintain flexibility.

These classes will use storytelling, animal poses and fun interaction to engage the children. Yoga also incorporates breathing techniques that will center and improve concentration. Poses create confidence and build self-esteem.

Important Info

6-week series meets weekly on Fridays beginning January 22nd

Meeting Dates:
January 22, 29,
February 5, 12, 19,
March 5 (NO CLASS 2/25)

- ✦ Classes will begin just after dismissal and last 50 minutes.
- ✦ Fee is \$60 and must be paid to Shine by January 15th.
- ✦ PLEASE DO NOT SEND PAYMENT TO SCHOOL.
- ✦ Minimum of 6 participants required to hold class.



Grade _____ Homeroom Teacher _____

What does your child do after Yoga? (please circle) Car Rider Walker AfterCare

Student Name _____ Age _____

Parent Name(s) _____

Address _____

City _____ State _____ Zip _____

Email _____

Preferred Contact # _____ home – work – mobile (Please circle one)

Emergency Contact Info – name/relation to student/phone #

Movement Waiver:

We understand that yoga includes physical movements 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.

I hereby agree to irrevocable release and waive any claims that I have now or hereafter may have against Shine and/or any of the teachers of Shine.

Signature of parent or guardian _____ Date _____ Signature of student _____

Payment may be made by check or credit card. Payments will not be processed unless the class has sufficient enrollment to run. Please mail to Shine, P.O. Box 4926, Louisville KY 40204.

Check # _____ Credit Card # _____

Amount _____ Exp. Date _____

Signature of Card Holder _____