

Yoga Club Phantom Lake

AFTERSCHOOL! Open to 1st-5th Grade

Yoga club is a fun way to introduce children to the practice and many benefits of yoga and mindfulness!
Each class will begin with time to "decompress" and check in. Students will learn asana (postures) and pranayama (breath work) mindfulness and meditation through fun and engaging activities. including journaling, art and more!

SOME OF THE BENEFITS OF YOGA FOR KIDS INCLUDE:

- Improved body awareness, self-control, flexibility and strength
- Enhance creativity, imagination, cooperation, confidence and coordination
- Release tension and stress
- Increase concentration, focus and attention span
- A greater sense of well being and respect for others
- Develop a lifetime of healthy habits; preventive healthcare

Yoga mats, journals and all supplies are provided

Classes are held **Wednesdays** 12:45-1:15

Winter Session Dates: Jan. 11th, 18th, 25th, Feb. 1st, 8th, 15th, Mar. 1st, 8th, 15th, 22nd, 29th Apr. 5th

Spring Session Dates: April 19th, 20th, 21st May, 3rd, 10th, 17th, 24th, 31st, June 7th, 14th

Cost-\$150 per 10 week session or \$55 per month

Checks payable to: Damithia Nieves

Please return payment to the office with the attached release

Questions? Reach out at thriveyogaforyouth@gmail.com or call 773-280-5647



About the Instructor:

Damithia is a certified children's yoga and mindfulness instructor through Little Flower Yoga & Yoga Alliance.

She also holds a 200 hr certification as a Hatha yoga instructor and is trained in trauma informed yoga, yoga for youth in crisis and yoga for youth age birth to 5.

Student Name _____

Age _____ Grade _____ Teacher _____

Parent/Guardian Name _____

Phone _____ Email _____

LIABILITY WAIVER: As a participant in Yoga Club at Phantom Lake, my son/daughter is in good health and has my permission to participate. The student will follow all instructions given to them by instructors as to when and how to perform yoga exercises. I understand that any deviations by them from such instruction shall be at their own risk. I understand that in the course of yoga instruction the instructor may, at times, aid their posture with appropriate physical contact. I will not hold Phantom Lake Elementary, Bellevue School District 405, its members, its instructors, employees, volunteers, or any others liable or responsible for any injuries or other losses suffered by me in the course of yoga classes, instruction or other services rendered during the after school program. I knowingly, voluntarily and expressly waive any and all claims of any nature that the student may sustain while participating in yoga classes/instruction.

I agree to waive my right to sue and assume all risks.

Student Conduct Guidelines

All students have the right to learn in a positive learning environment free from disruptions. I strive to offer an engaging, fun class within a safe space. There are moments in class of high energy as well as quiet contemplation. Students are expected to exhibit appropriate conduct that does not infringe upon the rights of others or interfere with instruction. Students are expected to be attentive in class, careful with equipment/props, and courteous and respectful towards other students and the instructor(s)/volunteers.

After yoga club my child Will: Be picked up Will walk home Other _____

My Child and I have read and agree to the conduct guidelines.

Student _____ Parent _____

Date _____

Photo Release

____ YES, Thrive Yoga has my permission to use my child's photograph. I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use but it is **GREATLY** appreciated.

Signature: _____ Date _____

____ NO, I do not want my child's photograph used.

