

KINGSBURY KIDS

YOGA

Very basic introduction to yoga, focusing on breathing and fun yoga poses. If time allows, journaling with pictures and/or writing as well!

4 WEEKS
SEP 11TH -
OCT 2ND



MONDAY NIGHTS

5:00 - 5:45 PM

w/Ms. Sarah in the downstairs yoga studio. Ages 5-12.

MEMBERS: FREE | NON-MEMBERS: \$20/class



REGISTRATION FORM - KIDS YOGA

Child's Name _____ DOB _____

Parent's Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member

Payment: House Charge Check Credit Card _____

Exp Date _____ Security Code _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Parent's Signature _____ Date _____