



YOGA FOR KIDS/YOGA FOR YOUTH with Special Needs REGISTRATION FORM

ENROLLMENT INFORMATION:

Child's Name _____ Age as of 09/01/09 _____
 Street Address _____ Zip _____
 Parent's Name _____ Home Number _____
 Email Address _____ Cell Number _____
 Alternate Pick-up Person _____ Phone Number _____
 Church Affiliation _____ How did you find out about this program? _____
 Would you like to receive information about other programs/activities at Kingswood? _____

Fall 2009 SESSION OPTIONS (CHECK ONE):

Classes are 10/8, 10/15, 10/22, 10/29, 11/5 & 11/12 (all Thursdays) in room 208.

_____ Ages 3-8: 3:45 – 4:30pm
 _____ Ages 8-14: 4:45-5:45pm

WAIVER:

I agree to place my child in the YOGA FOR KIDS/YOGA FOR YOUTH class offered by Kingswood Community Life Center. I realize there is a degree of risk or possible injury with any exercise class. I agree to hold Kingswood and the instructor, Jenni Miller, harmless from any claims resulting from injury in these classes.

Parent Signature _____ Printed Name _____ Date _____

DETAILS:

Jenni Miller, a Certified YogaKids Associate, with a M.Ed in Special Education is bringing YOGA FOR KIDS with Special Needs to Kingswood Community Life Center.

For ages 3-8: YogaKids is a fun way for children to learn yoga, incorporating classical yoga postures with a fun, upbeat twist. YogaKids classes combine breathing techniques, visualizations, music, reading, expressive art, cooperative games, and partner poses. Kids will improve concentration and focus, stimulate their imaginations, release energy and have fun in a safe and nurturing environment. Kids yoga also helps to promote inner strength, confidence and self-esteem, a feeling of well-being and respect for others, and love for one's self (both inside and out).

For ages 8-14: Classes will integrate a deeper understanding of the physical and philosophical aspects of yoga as well as help older children, pre-teens and teens discover self confidence, positive body health and awareness, emotional balance and tools for stress management. While building strength, balance and concentration, classes will also utilize expressive art, music, writing and discussion to help foster an environment of cooperation and inner well-being.

To register, please return this form with \$80 fee to the church office (ATTN: Sports & Fitness, 5015 Tilly Mill Road, Dunwoody, GA 30338). Make checks payable to Kingswood United Methodist Church. If you have any questions, please contact Dondra Davis at sportsdir@kingswoodumc.org or 770-457-1317, ext 22 or the instructor, Jenni Miller at (770) 804-1613.

5015 Tilly Mill Road ♦ Dunwoody, GA 30338
 phone: 770.457.1317 ♦ fax: 770.454.7330 ♦ www.kingswoodumc.org