



**Join Nicole Anne Yoga for After School Yoga  
at Bright Beginnings School 4<sup>th</sup> Session Registration 2019-2020**

**TUESDAY AFTERNOONS**

**Grades K-6<sup>th</sup>**

**3PM-4PM**

*(3/31, 4/7, 4/14, 4/21, 4/28, 5/5, & 5/12)*

Instructor: Lucy Escobar (513) 476-2925, Classroom: 8 (NEW Room)

**COST \$100 (7 weeks)**

- Helps your child develop body awareness
- Yoga helps kids learn how to use their bodies in a healthy way
- Manage stress through breathing, awareness, meditation and healthy movement
  - Helps build concentration
  - Increase confidence and positive self-image
  - Feel part of a healthy, non-competitive group
- Have an alternative to tuning out through constant attachment to electronic devices
  - Gives students an alternative way to handle challenges

**What students will learn:** Awareness of Breath, Strengthening and Energizing, Balancing, Stretching and Lengthening, Awareness and Focus, Flowing, Connecting, Integrating, Meditation and Relaxation.

**Students should bring:** Yoga mat, water, and dress so that they can move comfortably.

**Where students should go:** Students should come to Room 8 (Spanish Room) after school. Parents can pick up their student from the circle drive at the front of the school shortly after 4pm or in the after-care room. Students not picked up by 4:10pm will be taken to after-care and a guardian will need to sign them out.

**Bring to Aftercare?** \_\_\_YES \_\_\_NO

Student Name: \_\_\_\_\_ Teacher/Grade: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail (please print clearly): \_\_\_\_\_

Emergency Contact & Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please make checks payable to Nicole Anne Yoga. Cash Preferred. Please return completed form and payment to classroom teacher **by March 30<sup>th</sup>**.

If you have any questions, please contact Nicole Fonovich at (847) 840-7277 or [nicole@nicoleanneyoga.com](mailto:nicole@nicoleanneyoga.com)