



Le Jardin Junior School after-school enrichment

Yoga is for keiki too!!!

Yoga becomes fun and motivating for young yogis (yoga practitioners) by learning poses inspired by nature, animals and the ABC's. Poses are woven into yoga stories which makes Kid Yoga fun, meaningful and memorable. We will also practice simple breathing and relaxation techniques and fun yoga games all in a playful, light hearted atmosphere. Benefits include: increased balance, strength and flexibility, enhanced concentration, increased self-esteem, relaxation and stress management, body awareness and more!

FALL 2018 Session, Oct 2 - Dec 18 (PK/JK) (no class 10/9, 11/13)
Tuesdays 2:45-3:15 or 3:30-4pm (Ext Day students if early class fills)
\$215

***Non-Ext Day children pick up at 3:15 from the music room.**

Students are added on a first come, first served basis. Spaces very limited.

Email Courtney Ching at dancefit808@gmail.com for more info.

Please fill out bottom portion and include with payment



FALL 2018 Session, Oct 2-Dec 18 (PK/JK)
Tues 2:45-3:15 or *3:30-4pm (*Ext Day students if early class fills)

Child's name _____ Registration form
Child's birth date _____ Grade _____

Parent name _____

**Contact number/s(H) _____ (C) _____

Home address _____

**Email _____

Does your child attend Extended Day on Tuesdays? (please circle) YES NO

Anything special I should know about your child? _____

Please make check out to Courtney Ching Borden and mail to:

440 Akoakoa Pl, Kailua , HI 96734

Upon receipt of payment a welcome/introductory letter and class details will be emailed to you.

I look forward to working with your child! Namaste, Courtney

*No refunds or makeup dates for sessions where student is absent from school