



Throughout the year, we will be practicing mindfulness techniques through breath-work (pranayama) physical postures (asanas) and deep relaxation techniques .....through game based play! In a non-competitive environment, everyone wants in! Yoga means to “yolk”, it is the practice of the union between mind and body. Through strength building poses to exhaust the physical body we can then come to self soothe the “mental” body, and in the process have a lot of fun doing it.

NAMASTE, Ms. Brooke

**Brooke Rizzo is a certified yoga instructor who runs her business, YogiSays, teaching all ages and abilities. [www.yogisays.org](http://www.yogisays.org)**

**Grades K-5 will join Brooke Rizzo on  
Monday's from 2PM-3PM in the PKA classroom.**

17 week session:

January 9, 23, 30

February 6, 13, 27

March 6, 13, 20, 27

April 3, 24

May 1, 8, 15, 22

June 5

**\$220\* per session for first child**

**50% off sibling discount! \$110\* for sibling.**

***\*payment is non-refundable\****

Please retain this sheet for your reference. Please fill out and return the following waiver.

Please note: participants will need a yoga mat.

***Make check payable to: OLSS. Payment (and waiver) should be returned to the office in an envelope marked with your child's name written on the front. Attn: Office***

\* This fee includes the 20% charged by the BDSC to each outside vendor for the use of our facilities.

Classes cancelled by instructors will be made up if there are enough days left at the end of the year.

Classes cancelled because school is closed due to inclement weather will not be made up.

# Yoga Waiver

***Note: Parent MUST sign this waiver for his or her child to participate.  
One time waiver for the entire 2016-2017 school year will cover all sessions.***

Read to your child or have the child read this: Asana (yoga posture) means posture easily held. If it's too hard or if it hurts, you can stop! You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I, the undersigned (parent or guardian), understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment. In the case where my child has an injury, sickness or anything else that may be affected by physical activity, I have consulted with a physician to ensure my child can take yoga classes. I recognize that it is my responsibility to notify the instructor of any serious illness or injury before every yoga class. I accept that neither the instructor, Brooke Rizzo, nor the hosting facility (Our Lady Star of the Sea School) is liable for any injury, or damages, to person or property, resulting from the taking of the class. Those under 18 years of age must have this form signed by a parent or guardian.

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

Student name 1: \_\_\_\_\_ Grade: \_\_\_\_\_

Student name 2: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent name printed:

\_\_\_\_\_

Parent signature: \_\_\_\_\_

Person and phone in case of emergency:

\_\_\_\_\_  
\_\_\_\_\_