



YOGA
Adventure Kids

YOGA ADVENTURE SPRING SERIES

At Chestnut Hill Academy

Join Yoga Adventure Kids for a fun and engaging series that will teach your kids yoga and mindfulness practices through songs, games, and stories. Each weekly practice will include deep breathing, sun salutations, a variety of accessible postures, meditation, gratitude, and your kids will learn about the importance of self care and the many benefits of a regular yoga practice. This class promotes focus, concentration, fine and gross motor skills, sensory input, strength building, proprioceptive awareness, balance, coordination, and provides tools to calm the mind and body.

Fridays: 3:45-4:45pm

Class dates: March 31, April 7, 21, 28, May 12, 19, 26, June 2, 9, 2023.

Limited space available! Sign up *TODAY* to reserve a spot for your child.

Price: \$285 per student for the 9 class series, price includes a yoga mat for your child, which will be brought to class for them each week.

Contact Melissa to sign up today: yogaadventurekidsnw@gmail.com



www.yogaadventurekidsnw.com



INTRO: Thank you for registering for Yoga Adventure Kids NW afternoon classes at Chestnut Hill Academy. I am so excited to meet your child and practice yoga with them!

The Kids' Yoga Spring series will begin on Friday, March 31, 2023. Classes will run each Friday from 3:45pm-4:45pm through June 9, 2023. Yoga mats will be provided by Yoga Adventure Kids NW.

CLASS DATES: March 31, April 7, 21, 28, May 12, 19, 26, June 2, 9, 2023

PAYMENT: The cost for the Spring series is \$285 per child.

To confirm registration, please sign and return this form and submit payment via **Venmo** to <https://venmo.com/yogaadventurekidsnw>

Or via **Zelle** using my email address: yogaadventurekidsnw@gmail.com or phone number 206-719-2250

If you wish to make payment via check, please let me know via email. Checks to be made payable to **Melissa Hammons**.

YOGA LIABILITY WAIVER & INTAKE FORM: I understand that to participate in classes Yoga Adventure Kids NW that my child may be subject to the following to be allowed to receive services:

- Proper hand washing hygiene and use of hand sanitizer as needed
- Being asked to wear a mask if there is a mandate in place
- Not being of ill health or currently sick
- Being asked to leave if I have a fever

RELEASE OF LIABILITY: I understand my responsibility in staying home when ill, informing Melissa/Yoga Adventure Kids NW of an expected or confirmed case of COVID-19, maintaining proper hygiene, and following the proper quarantine procedures when participating or attending Yoga Adventure Kids NW classes and services.

YOGA LIABILITY WAIVER & INTAKE FOR CHILDREN: I hereby agree to the following: My child has permission to attend a yoga class from Yoga Adventure Kids NW dba Family Yoga with Melissa, LLC. I and/or my child are participating in classes or services during which we will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my and/or my child's participation in any physical fitness program, including yoga. I represent and warrant that I and/or my child have no medical condition that would prevent us from participating in physical fitness activities. In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, injuries, or damages, known and unknown, which my child might incur as a result of participating in the program. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily, and expressly waive any claim I and/or my child may have against the



instructor, the owner, or the leaseholder of the building for injuries or damages that I and/or my child may sustain because of participating in classes or workshops conducted by Yoga Adventure Kids NW dba Family Yoga with Melissa, LLC. If I and/or my child participates in other classes or events at Yoga Adventure Kids NW dba Family Yoga with Melissa, LLC, I will also assume full responsibility for any injuries that may result from our participation, with the same considerations that this waiver stipulates for yoga. My signature below further acknowledges that in this setting the instructor is acting solely as a yoga instructor.

CANCELLATIONS/REFUNDS: There are no refunds. Registration is for the full duration of the series and registration fees will not be prorated due to students going on vacation. If yoga classes are cancelled due to COVID19 lockdown for state or federal regulations, there will not be refunds of fees paid. Yoga Adventure Kids NW will try to accommodate for makeup classes if there is unexpected school closure due to weather, but this is not guaranteed. If classes are missed due to illness or vacation by students, make-up classes will not be offered. If classes are cancelled due to Yoga Adventure Kids NW unexpected circumstance, make up classes will be offered at the soonest available Friday date(s).

PHOTO RELEASE: I give my permission for Yoga Adventure Kids NW dba Family Yoga with Melissa, LLC, to use my child's image (photo or video) for website or social media. I and/or my child will not be identified by name in such images. I am aware that I will not be compensated for the use of such photos. To opt out of photo release, please cross out this paragraph and sign your initials.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Parent's or Guardian's Name

Child's name

Parent's or Guardian's Name Signature and Date

Child's date of birth

Child's gender

Emergency Phone Number

Email Address (Parent's or Guardian's if applicable)

Please share anything about your child that you would like the yoga teacher to be aware of:

