



We didn't invent Children's yoga... we just perfected it!

Kidding Around Yoga Classes @ William Street School Offered Through the Lancaster Community Education Program

"Give your child the gift of yoga and all of its benefits!"

Would your child like to end the school day with a wonderful class that will bring him/her peace and joy? Then join my Kidding Around Yoga classes! In Kidding Around Yoga (KAY) classes, children will practice yoga in a very fun, engaging and kid friendly way. We will learn yoga poses, plus breathing and relaxation techniques that children will use throughout their lives. KAY classes utilize games, original KAY music, stories, partner yoga and creative yoga crafts. The methods used in a KAY class create calm, confidence and compassion in kids. Children who practice yoga develop strength, flexibility and balance. They increase their focus and concentration and learn valuable tools to reduce stress and to manage their emotions. Positive self-affirmation and character building are key components of KAY classes. Let's clear our minds and strengthen our bodies, while having tons of FUN!

Classes are taught by Donna Baia, certified Kidding Around Yoga teacher. For more information, please visit www.kiddingaroundyoga.com/donna

Course fee is **\$79 for 8 classes**. Class size is limited. Register early to secure a spot! Classes are held at:

WILLIAM STREET SCHOOL: Grades 4-6, Thursdays, 3:15 -4:15 pm. (Classes are held in the C Commons Area.)

Spring Session: Dates are 4/6, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25 & 6/1. (No class 4/13)

WAYS TO REGISTER: REGISTRATION DEADLINE IS March 31.

- **Online-**<http://www.lancasterschools.org> (click on **Community Education**, choose **PAYSCHOOLS (Online Registration)**, select **CE-Spring, Just For Kids**, and then **Kidding Around Yoga Classes**.)
- **You may also stop by the office or mail to:** Lancaster Community Education, Lancaster High School, One Forton Drive, Lancaster, NY 14086. If paying by check, **please make check payable to Lancaster Community Education for \$79 per session**. MasterCard/Visa are also accepted. If you have questions, please call the Lancaster Community Education Office at (716) 686-3262.

Child's Name: _____ Grade _____ Teacher _____

Address _____

School _____ Phone # (home & cell) _____

Course: **Kidding Around Yoga Classes at William Street: Spring Session**

Email _____ Emergency Contact/Phone # _____

I give permission for _____ to participate in Kidding Around Yoga classes. I state that my child is physically able to participate in this activity. I hereby agree to indemnify and hold Donna Baia and all related instructors from Kidding Around Yoga and the Lancaster School District free from any loss, liability, damage, cost or expense that may incur as a result of any injury or property damage that my child may sustain while participating in this activity.

Parent Signature _____ Date _____

My child will be (**circle one**): getting picked up after yoga class **OR** going to the after school program at school

Total Amount Enclosed: _____ Method of Payment: Check # (payable to Lancaster Community Education) _____

Visa/MC _____ Credit Card # _____ Expiration Date _____ Signature _____

NO NOTIFICATION WILL BE SENT. You will be registered unless notified. Register now!! 😊