

Little Yogis

11050 Crabapple Rd. Suite 115 D, Roswell GA 30075

678-237-9268

www.thelittleyogis.com

The Little Yogis is a yoga, mindfulness, and creative movement enrichment program that offers a twelve-month curriculum. The Little Yogis original curriculum is tailored to the student's current stage of life. We are committed to upholding the true nature of the practice of yoga, learning and applying coping skills, and enhancing physical functionality—being active while having fun.

Our program is geared to elevate our student's physical, emotional, and social progress. We provide a variety of weekly classes, summer camps, after-school extra-curricular classes, workshops, and events for children 2 to 17 years of age.

Each month of classes are designed to emphasize a key life tool, to cultivate character building, agility, body awareness, being active, being social, self-esteem, and mindfulness. The Little Yogis incorporates journaling, crafts, music, creative movement, memory building, and sensory stimulants, through our yoga practice.

Each month new asanas or poses, pranayama techniques or breathwork, and mindful activities are introduced to the students, parents, and teachers. Classes include vinyasa flows, balancing poses, inversions to dream catcher building, identifying positive affirmations and painting their own positive affirmation stones, vision boards, journaling, creating and consistently adding to their gratitude boxes. The activities are created to be a helpful asset on and off the mat for the students, teachers, and parents.

Registration includes:

Yoga mat, yoga blocks, and a yoga tee

Classes will be held every Tuesday at the school.

Little Yogis

11050 Crabapple Rd. Suite 115 D, Roswell GA 30075

678-237-9268

www.thelittleyogis.com

REGISTRATION FORM

APPLICANT: _____
Last First MI

ADDRESS: _____

City State Zip Code

AGE: _____

HOME TELEPHONE: _____

PARENT/GUARDIAN NAME: _____

DAY NUMBER: _____ Cell: _____

Email: _____

MEDICAL-STORY:

Known Allergies: _____

Medical Problems: _____

Current Medication(s): _____

Emergency Contact (Name): _____

Emergency Number(s): _____

PARENT/GUARDIAN SIGNATURE: _____

Little Yogis

11050 Crabapple Rd. Suite 115 D, Roswell GA 30075

678-237-9268

www.thelittleyogis.com

PARENTS OR GUARDIANS
RELEASE AND INDEMNITY AGREEMENT FOR A
MINOR CHILD TO PARTICIPATE IN THE LITTLE
YOGIS CLASSES

We require a 30 day cancellation notice to stop payment to The Little Yogis. You are authorizing your card to be charged once a month for your child(ren)'s class, if you are registering for month to month package. If you decide to do the 6 week package, during the last 2 weeks of your child's package, we will notify you that they can renew for another 6 week package. Without any notification of cancellation or renewal, we will auto-renew your child(ren) in the month to month program.

CHILD WAIVER (TO BE SIGNED BY THE PARENT OR GUARDIAN)

Please convey the following information to your child: Asana (yoga posture) means posture easily held. If it is too hard or if it hurts, you can stop! You may rest at any time during the class. It is important 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 any classes. I recognize that it is my responsibility to notify the instructor of any serious illness or injury before every class.

In further consideration of permitting my child to participate in any class, I knowingly, voluntarily and expressly waive any claim I may have against Little Yogis Enrichment program and the owner/lessor of the Premises for injury or damages that my child may sustain while on the Premises as a result of participating in the any class.

I, my heirs or legal representatives irrevocably covenant not to sue and forever release, waive, and discharge any other claims of any kind whatsoever against Little Yogis Enrichment program or the owner/lessor of The Premises for any personal injury, property loss or damage, or wrongful death, whether caused by negligence or otherwise,

There are no refunds on purchased packages unless the child is ill with a doctor's written excuse or unenrolled from the school.

I accept that neither the instructor, nor the hosting facility is liable for any injury, or any damages, to person or property, resulting from the taking of the class.

Please note The Little Yogis uses aromatherapy and pure essential oils in some of my classes. If you or your child are allergic to essential oils, advise me before each class.

I hereby grant, The Little Yogis Enrichment program permission to use my child's likeness in a photograph or video in any and all of its publications, including website entries and books, without payment or any other consideration.

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

DATE: _____

PARENT/GUARDIAN'S NAME: _____
(Please Print)

PARENT/GUARDIAN'S ADDRESS: _____

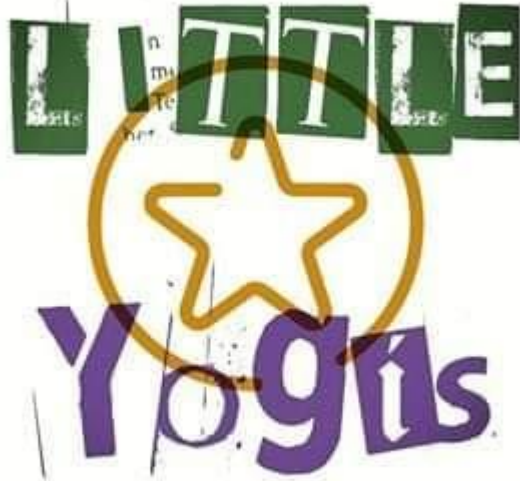
TELEPHONE NUMBER (S): _____

EMERGENCY CONTACT & NUMBER: _____

SIGNATURE: _____

PEP Class Title:

- The Little Yogis Yoga and Creative Movement
- Class logo for the website



- Class time slots you're offering
 - Tuesday
- Intended ages for each class time
 - 2 and up
- Min/Max number of children in a class
 - Minimum : 3
 - Maximum: 15
- Cost for the semester
 - 250
- Link to sign up
 - www.thelittleyogis.com/registration
- Best contact info for questions for PEP director
 - 678-237-9268
 - 817-832-6034
- Brief description of your class
 - The Little Yogis is a yoga, mindfulness, and creative movement enrichment program. We are committed to upholding the true nature of the practice of yoga, learning and applying coping skills, and enhancing physical functionality—being active while having fun.
- What children need to bring to class each week
 - flexible clothing
- Snack or lunch needed?
 - no snack/no lunch, just a water bottle
- Your contingency plan in case of an unexpected shut-down
 - We can do virtual zoom sessions