



WANDELL RECREATION YOGA

Run by The Body Image Boutique

Yoga games:

Children will learn breathing and visualization techniques to improve focus as they increase strength, flexibility, and coordination. They will also practice self-respect and respect for others through fun and challenging poses, partner and group poses, and yoga games.

Now Enrolling (K through 5th Grade):

8 sessions

Tuesdays 2:46 - 3:45 in The Wandell Gym

dates:

October: 3, 10, 17, 24 November 7, 14, 21, 28

Name: _____

Grade: _____

Email: _____

emergency contact: _____

**please return this form and include
a \$170 check made payable to Saddle River Board of Education
includes a yoga mat to keep**

I give permission for my child to participate in Yoga Games instituted by the Wandell School Recreation Committee.

I agree to waive, release and forever discharge all rights and claims in respect to damage or injury sustained by my child resulting from training, competitive play, or any other aspect of his/her participation in this program, except to the extent and in the same amount covered by accident or liability insurance.

Parent/Guardian Signature: _____