

HCA YOGA

Namaste, Cardinals! Come stretch, relax and unwind at the end of your week with a gentle yoga class. This class will teach you the basics of the practice, increase your flexibility, and show you ways to relieve stress. Open to all levels, you will be guided through Sun Salutations and breathing techniques in a safe and non-competitive environment.

Open To:

- Students in grades 1st – 4th (with parent/guardian)
- Students in grades 5th – 8th (without parent)
- Parents, Grandparents, Guardians, Teachers, Staff, and Faculty of HCA.

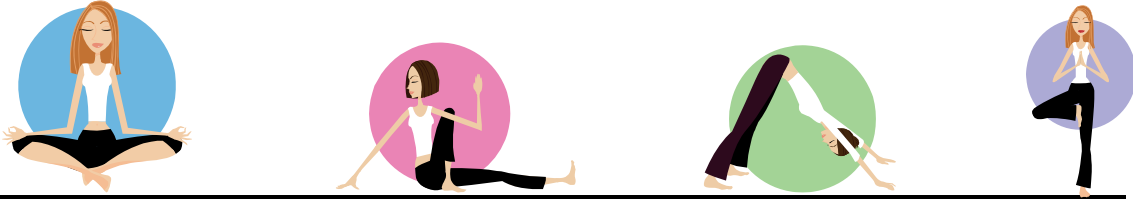
Please note: no more than 2 students (non-siblings) will be allowed per parent.

When: Fridays, 3:15pm – 4:15pm in the HCA gym, starting Sept 25th

Participation Fee: \$3 per class, per person. Fee payable in cash before each class.

Bring: Yoga mat and wear comfortable clothing. *For suggestions as to where to purchase a yoga mat, please email Sarah (sarah@beautifulpractice.com).*

If you and/or your child would like to participate in this activity, please complete and sign the following statement of consent and bring to class on Friday, September 25, 2009.



Name of Student _____

Grade _____

Parent's Name (Printed) _____

Parent's Signature _____

Address _____

Phone # _____

Email _____

****Remember, yoga is not about becoming a human pretzel. It's about cultivating awareness, paying attention, finding stillness and being quiet. Talking during class is not permitted. Please keep this in mind while deciding if yoga is the right activity for you and your child.****

Instructor: Sarah Redmond, RYT-500 (and mother of Hannah Mack!)

To learn more about Sarah and yoga, please visit www.beautifulpractice.com