



# HAPPY WARRIORS YOGA

## About US

Our team is composed of trained and certified yoga teachers. We offer yoga and mindfulness for kids from 2 to 18 years old.

We provide safe, fun and engaging classes that are structured according to each age group and their appropriate brain developmental stage. The classes consist of breathing exercises, yoga poses, games, storytelling, art crafting activities, mindfulness and relaxation.

In order to provide tools that promote a positive and peaceful environment for kids and teens, additional workshops are available for educators and parents.



## Why Choose Happy Warriors Yoga?

Based on several scientific studies, yoga and mindfulness have proven many benefits that can help children and teens cope with emotional, social and physical challenges.

- enhances focus, attention, memory, concentration and comprehension
- improves self-awareness, confidence and self-esteem
- promotes a more relaxed state of being: the perfect state for learning
- balances and regulates emotions and behavior
- reduces anxiety, tension, anger and depression
- cultivates balanced responses to stress
- provides opportunities for reflection, patience and insight
- enhances flexibility, strength and physical well-being





# HAPPY WARRIORS YOGA

Student's Full Name: \_\_\_\_\_ Today's date: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_

Parent/Guardian Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Mobile: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_

Email: (1) \_\_\_\_\_ (2) \_\_\_\_\_

Emergency Contact and Number: (1) \_\_\_\_\_ (2) \_\_\_\_\_

Please list all known allergies, physical limitations, concerns and goals: \_\_\_\_\_

Classes on Tuesdays 2:30-3:30 pm / Jan 8 – May 28 (19 classes)

Pricing: registration fee: (\$20) + 19 classes (\$418) Total: \$438

Payment: ( ) cash ( ) check\* ( ) credit card # \_\_\_\_\_

name \_\_\_\_\_

exp date \_\_\_\_\_ cvv \_\_\_\_\_

\*please make the check payable to Happy Warriors Yoga LLC

IMPORTANT: THE REGISTRATION FORM WITH PAYMENT MUST BE SENT TO THE SCHOOL OR EMAILED TO [INFO@HAPPYWARRIORSYOGA.COM](mailto:INFO@HAPPYWARRIORSYOGA.COM) UNTIL JAN 8TH 2019

### **Liability Disclaimer & Notices: please read carefully**

I individually and as parent and/or guardian of the minor child identified above hereby acknowledge the following notices and grant to Happy Warriors Yoga LLC the following release from liability: **A.** I acknowledge and fully understand that I, or my child, will be engaging in physical activities that may involve some risk of injury. I acknowledge and have been advised that it is my responsibility to consult with my or my child's physician with respect to any past or present injury, illness, health problem or any other condition or medication that may affect my or my child's participation. I assume the foregoing risks and accept full personal responsibility for any personal injuries sustained by my child which might incur as a result of participating in this program and discharge and hold harmless Happy Warriors Yoga LLC, its owners, directors, members, employees and agents from any claim, cause of action or liability for damages arising from any personal injury to my child or other persons or property caused by myself or my child's participation in the Happy Warriors Yoga LLC program. **B.** I agree to give permission to use photographs of myself or my child for any promotional materials. I understand that my child will not be identified by name, nor will any compensation be extended for such use.

Parent /Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent /Guardian Printed Name \_\_\_\_\_