Yoga Classes

PROVIDED BY HAPPY FEET

Our yoga classes help children to:

- Develop strong, flexible and healthy bodies.
- Increase concentration, focus and attention.
- Build self-esteem and confidence.
- Cultivate a peaceful, relaxed state of body and mind.
- Express creativity and imagination.
- Acquire personal tools for stress management.
- Understand anatomy and health.
- Foster language development and social interaction.
- Explore self-reflection.

PAYMENTS

1st Semester $210

FRIDAYS
Kindergarden-5th 3:05-4:05pm

Dates: Feb, 10, 17, 24, March 2,9,16,23, April 6,20, 27, May 4, 11,18, June 1, 8

Please send all sign ups and payments to:
Happy Feet
4096 Piedmont Ave. #807
Oakland, Ca 94611

(925) 295-8706

Sign-Up

School Name: _____ Room #: _____

Student Name: _____ Grade: _____

Mailing Address: _____

Email address: _____

Home Phone: (_____) _____ Contact Name:_____

I understand that Yoga can be strenuous to the body and will not hold Happy Feet liable for any injuries my child may incur.

_____ _____

Signature *Date*

My child will attend Adventure Time after yoga class: Yes( ) No( )
If your child will not be attending Adventure Time, please pick them up promptly after class.