



**Dear Parents of Yoga Academy Students,**

I would like to welcome you to the Yoga Academy at Lake Forrest Preparatory School. This program is to educate and explore the journey of body, mind, spirit and self. The practice of yoga is designed for all ages, to strengthen, align and balance the body, focus the mind and soothe and recharge the nervous system. Students will learn how to move gracefully, breathe smoothly, deeply and sustain their focus and concentration, developing strength, flexibility, mental clarity and emotional stability.

**Location:** Yoga classes will be held @ LFPS

**Cost:** \$170

**Tuesday Meeting Dates:**

January: 16, 24, 31

February: 6,13,20,27

March: 6,13,27

April: 3,10,17,24

May: 1,8,15,22

**Please leave payment and registration form at the front desk. I accept cash or check made payable to Kym Perritt.**

**Grades/Times:** Pre-K4, Kindergarten and 1<sup>st</sup> grade will have class from 3:30-4:15.

2<sup>nd</sup> grade, 3<sup>rd</sup> grade and 4<sup>th</sup> grade will have class from 4:30-5:15.

**Parent Reminders:**

\*Your child needs to bring a water bottle and a yoga mat. The mat can be stored in our yoga classroom for the duration of the academy or may be carried to and from home on each yoga meeting day.

\*For the safety of all our students, attendance is taken in class. If your child will be absent from school or needs to leave early on an academy meeting day, please notify [Kym.Perritt@gmail.com](mailto:Kym.Perritt@gmail.com).

Namaste

## **Yoga Academy Registration Form**

Child's Name: \_\_\_\_\_

Grade and Teacher: \_\_\_\_\_

Please list any allergies or health  
restrictions: \_\_\_\_\_

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Parent Contact Information:

Name:

E-mail:

Contact Phone Number: