

Yoga Bears



- Baby Yoga
- Children's Yoga
- Teen's Yoga
- Family Yoga
- Special Needs Yoga
- Teacher's "Time-Out"
- Private Classes

Leanne Glanville
082 972 9843

leanne.yogabears@gmail.com
www.yogabears.co.za

Benefits of yoga for children

- Increases body awareness, motor skills and muscle tone
- Enhances flexibility and strength
- Allows children to express their feelings
- Encourages a healthy and active lifestyle
- Lifts anxiety and depression and aids in reducing stress
 - Enhances concentration & attention span
 - Teaches children to use their breath to balance and calm themselves.
 - Especially beneficial for asthma sufferers
 - Allows children who feel pressurized to "achieve", to have fun whilst learning valuable life skills in a non-competitive environment.



Enrollment Form

Child’s name and surname:.....
Parents names and surnames:.....
Contact number:.....
Email address:.....
Emergency contact name:.....
Emergency contact number:.....
Does your child have any allergies?
.....
Does your child have any physical, emotional, learning or behavioral issues?
.....
Is your child taking any medication?
.....
How do you think can yoga help your child?
.....

I/Weagree to the following conditions applicable to yoga classes given by Yoga Bears

CONDITIONS OF PARTICIPATION (INCLUDING INDEMNITY)

- 1) I give consent for my child to participate in the inclusive Yoga Bears classes, in which he/she will receive instruction about yoga, including but not restricted to; yoga postures, breathing techniques and relaxation.
- 2) **I agree that Yoga Bears shall not be responsible for, and I hereby indemnify Yoga Bears against, any claim or charge of whatsoever nature, whether arising from delict or contract, or any infringement of whatsoever nature, for any accident or injury to any person or loss of or damage to property arising as a direct or indirect result of my child’s participation in Yoga Bears classes.**
- 3) I acknowledge that I am liable for all payments made to Yoga Bears for services rendered.
- 4) I am aware that no refunds will be granted once my child has enrolled with Yoga Bears and that should my child miss a class, no refunds will be given.
- 5) I acknowledge that my child will not be permitted to join the Yoga Bears classes until payment has been made in full and a completed enrollment form returned to Yoga Bears.
- 6) I acknowledge that a term’s notice is required should my child discontinue with Yoga Bears.
- 7) My child has no medical conditions which would prohibit them from participating in Yoga Bears classes and I am aware of the potential danger involved with this activity.
- 8) The information provided to Yoga Bears herein will be kept confidential, and I understand that it will be used only to ensure the quality of my child’s participation in Yoga Bears classes, and in case of any medical emergencies. I give permission for my child to be photographed and/videotaped whilst participating in the yoga class. These photos will be property of Yoga Bears and no compensation will be given to my child or myself should these photos be used. I understand that these photos will be used for marketing and public relation purposes only.

Signature: Full name.....
Date:.....

