



Youth Vinyasa

(Ages 8 and up)

12 Classes will be held from September 10, 2008 - November 26, 2008
~ December 3, 2008 will be a make-up class ~

Wednesdays 4:30 - 5:30 pm

In Youth Vinyasa Flow Yoga the participants link one movement into the next while being conscious of their breath. The students will develop self-awareness, self-care and management skills that support learning, athletic performance and responsible behavior. This class engages the athlete and the non-athlete. We will increase their focus, flexibility, coordination, strength and balance. They will explore breath awareness and centering techniques that help them to release stress, move past limitations and transform negative thinking.

Privates available upon request

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Date of Birth: ____/____/____

Home Phone: () _____/_____ Cell Phone: () _____/_____

Total of 12 classes

Tuition: \$199

Please bring a yoga mat and wear comfortable clothes

Cash (Enclosed in sealed envelope with your name on it) Check/Money Order # _____

MasterCard / Visa American Express Discover

Card # Exp: ____/____

Security Code: