

## After School Yoga Registration Information

The Moncure PTO is proud to offer Kidding Around Yoga to our students as a part of our after school programs.

Kidding Around Yoga (KAY) specializes in sharing yoga and meditation with children ages 6-12. KAY uses their own music produced by the founder, Ms. Haris Lender, games, as well as other tools and activities to help children focus their minds and stretch their bodies, all while having loads of fun. Yoga and meditation has been considered for a long time as a wonderful means of stress management. KAY uses a system based on the classical study of yoga and transforms it into an experience for children to both introduce them to yoga as well as inspire them to develop a practice and give them tools to take into adulthood.

“I’m so very excited to bring this wonderful program to the children of Moncure. I wish I had the tools this program offers when I was a classroom teacher, so I could have shared them with my students and fellow teachers. This program was truly designed with children in mind. I look forward to working with the children and families of Moncure again.” – Mae Ryan, Instructor

Classes for K-2 will be held on Mondays for 4 weeks starting on Oct 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>. Classes for grades 3-5 will be held on Tuesdays for 4 weeks starting Oct 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup>. Classes will run from 4-5pm. Students must be picked up promptly at 5pm. In the event of snow days, class time will be made up with dates and times dependent on school and instructor availability. Students need to bring a yoga mat or beach towel with them for each class. Tardiness and behavior issues will call for dismissal without a refund.

Please direct any questions about this program to [anne.e.moncurepto@gmail.com](mailto:anne.e.moncurepto@gmail.com)

Please fill out the form below and return it to your child’s teacher with payment of \$35. Payment can be made by check – payable to Moncure PTO or by PayPal sent to [anne.e.moncurepto@gmail.com](mailto:anne.e.moncurepto@gmail.com). No refunds will be issued.

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### **Yoga Registration Form**

Student’s name: \_\_\_\_\_

Student’s grade: \_\_\_\_\_ Student’s teacher: \_\_\_\_\_

Parent’s name: \_\_\_\_\_

Parent’s phone number during the program hours: \_\_\_\_\_

Email address: \_\_\_\_\_

List anyone (except parents listed above) authorized to pick up the student. Only people on this list will be allowed to pick up the student and we check ID.