

patience \* imagination \* focus \* flexibility \* balance \* strength

# yoga & mindfulness

FOR ADULTS, KIDS AND FAMILIES



310-403-4645 | [rj@yogawithrandijo.com](mailto:rj@yogawithrandijo.com) | [yogawithrandijo.com](http://yogawithrandijo.com)

## KIDS YOGA 2020/2021 at WSD!

What Kids learn from Yoga: The kids will learn how to be more patient, imaginative, sensitive and focused while creating a more flexible, balanced and strong body. Children will learn to become quiet or energized as needed through exercises and breath work they can do anywhere. The child will be saying "I can do it!"

**TUESDAY 3:15-4:15**  
(Kindergarten - 5th Grade)

Session A - Fall: September 29 - November 17

Session B - Winter: January 26- March 23 (no class 2/16)

Session C - Spring: March 30 - May 25 (no class 4/6)

**Cost: = \$125 each or full year for \$325 (save \$50)**

Make check to Randi Jo - drop check/Reg. form at WSD office or mail to: Randi Jo Greenberg at: 7406 Brook Hollow Loop Park City, UT 84098

\*Don't forget that your child needs to bring a water bottle & yoga mat. Class sizes will be limited and Social Distancing Guidelines followed (more info to follow).

Questions: (310) 403-4645 Email: [RJ@yogawithrandijo.com](mailto:RJ@yogawithrandijo.com)

Website: [www.yogawithrandijo.com](http://www.yogawithrandijo.com)

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WSD Kid's Yoga Registration Form

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

EMAIL \_\_\_\_\_

Session A, B, C or ALL      Grade \_\_\_\_\_

Mothers Name \_\_\_\_\_ Phone \_\_\_\_\_

Fathers Name \_\_\_\_\_ Phone \_\_\_\_\_