

# Little Yogis at Heart and Soul

## Little Yogis: Yoga for Preschool Age Children (30 minutes).

This class is filled with movement through yoga based activity. We use age-appropriate props, toys and music to facilitate movement while just playing and having fun. The class includes warm up exercises, playing with yoga poses, and quiet time with meditation and a little savasana. Parents accompany your child and join in the fun too!

## Registration Form

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

M/F \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian Full Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Is there anything you would like us to know about your child?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Fees for Little Yogis:

One class per week, every Monday Morning  
8 classes per session = \$80 per family!

Visit our website at [www.HeartAndSoulFitnessYoga.com](http://www.HeartAndSoulFitnessYoga.com)