

Cabin John Middle School PTSA

10701 Gainsborough Rd., Potomac, MD 20854



CJMS PTSA proudly sponsors YOGA after school by Village Yoga

***** Winter Session 1 – February 7 – March 13, 2012 *****

*****Winter Session 2 – March 20 - May 1, 2012 *****

(NO CLASS APRIL 3, 2012 - ELECTION DAY)

Village Yoga will be offering organized yoga programs for boys and girls grades 6-8 which focus on flexibility, focus, and coordination.

We are offering a break from school pressures, incessant lessons, video games, malls, and competitive sports. Yoga can help counter these pressures by teaching techniques for self-health, relaxation, and inner fulfillment to help them navigate life's challenges with a little more ease.

Winter Session 1 starts Tuesday, February 7 at 3pm-4pm and will be held at Cabin John Middle School.

****\$90/6 weeks** or ****\$160 for both sessions (a \$20 discount)******

Each child will be provided their own mat to use in class and to take home at the end of the session.

All registrations must be done online. No payments may be accepted at the time of class. Please visit: www.villageyogayogi.com and click on 'Schedule' to register for Cabin John Middle School. Late start packages will be prorated to the remaining number of classes.

No refunds will be given after class is started. *Please have your child bring this signed waiver with them to their first class.*

DISCLAIMER: These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the Superintendent, or this school.

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PTSA



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YOGA by Village Yoga Permission Slip and Waiver.

Name _____ DOB _____ Age _____

Email/phone# _____

Address _____

Parent/Legal Guardian Signature _____

Parent/Legal Guardian Name _____

LIABILITY WAIVER: As a participant in Village Yoga program my son/daughter is in good health and has my permission to participate. The student will follow all instructions given to them by Village Yoga instructors as to when and how to perform yoga exercises. I understand that any deviations by them from such instruction shall be at their own risk. I understand that in the course of yoga instruction the instructor may, at times, aid their posture with appropriate physical contact. I will not hold Yoga Posers LLC, its members, Village Yoga, its instructors, employees, volunteers, or any others liable or responsible for any injuries or other losses suffered by me in the course of yoga classes, instruction or other services rendered by Village Yoga. I knowingly, voluntarily and expressly waive and all claims of any nature that the student may sustain while participating in yoga classes, instruction or other services rendered by Village Yoga. I agree to waive my right to sue and assume all risks.

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BRING THIS FORM TO THE FIRST CLASS!!

