

# KID'S YOGA AT CORE BODYWORKS!



**Grounded Kids (Ages 4-7) Tuesdays from 4:00 - 4:45**  
**Grounded Tweens (Ages 7-12) Fridays from 5:00 - 6:00**

Grounded Yoga is an Anusara-Inspired program that helps children become grounded not only in yoga - but in life! Yoga will help your child develop flexibility, balance, and strength; learn strategies for relaxation; increase focus and attention; express creativity and imagination; and so much more!

~ 6 WEEK SESSION is \$60.

~ RECEIVE A 10% DISCOUNT BY COMPLETING REGISTRATION BEFORE THE SESSION BEGINS.

~ DROP INS ARE WELCOME (\$10/CLASS)

(Classes are good for this series only. One class may be credited to the next series.)

Student \_\_\_\_\_

Parent(s) \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_

## REGISTER NOW!

Complete this form and mail with tuition fee to Core Bodyworks, 4358 A Southside Dr., Acworth, GA 30101, or call 770-975-8228 to pay by credit card. For more information please call the studio or visit our website at [www.corebodyworks.com](http://www.corebodyworks.com).

*We are conveniently located in downtown Acworth - across the railroad tracks from Henry's Louisiana Grill!*

**PLEASE READ AND SIGN:** I waive any right to claim against Core Bodyworks and/or instructors in the event of accident, injury, or loss of personal property during the time in which my child is participating in yoga. I understand that yoga has inherent risks for potential injury, and I assume the responsibility of potential injury to my child. I affirm that my child is in good physical condition and does not suffer from any disability that would contribute to injury. Unless otherwise noted, I give permission to CBW to photograph my child and use the photo for publication.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_