

Breathe, Bend, Bloom: Yoga for Tots

6-week Sessions • Tuesdays

May 1 – June 5

New Self Renewal Center

3-5 year-olds: 10:15-11 am

(Cost: \$59 member/KTK, \$69 non-member)

Taught by Mariah Meyer LeFeber • *YogaFit Kids!* Certified Instructor





Breathe, Bend, Bloom

Join in this movement adventure as we practice yoga poses, learn breathing exercises and participate in fun games—all while building gross and fine motor skills! Your child will be escorted from Kid Corner to the multi-purpose room at New Self Renewal Center for this experience. Using stories, music, guided imagery and interactive games, your little yogi will have the opportunity to express him or herself creatively and increase their movement repertoire. Come along as we stretch our bodies to the sky, balance like trees in the wind and play together like a whole team of downward dogs!

Mariah Meyer LeFeber is a dancer, licensed therapist and general lover of movement! She holds her MA in dance/movement therapy and counseling from Columbia College Chicago, and is certified as a Yoga Fit Kids! instructor. Mariah has worked extensively with children of all ages and abilities as a dance instructor, yoga instructor and dance/movement therapist. She has worked throughout the Midwest, and after teaching and dancing in Minneapolis and Chicago, she is thrilled to bring her passion to Madison. Mariah's ultimate love is combining developmental, functional and expressive elements in order to build creative and fulfilling movement experiences.



Tuesdays, May 1 - June 5 (register by April 25)

Note: 6-week session, limit 10.

There must be 4 children registered by deadline for class to run.

Please complete one form for each child and submit with payment at the New Self front desk.

Child's Name: _____ **DOB:** _____ **Male / Female**

Parent's Name(s): _____ **New Self Member?** Yes / No

Email Address: _____ **Phone:** _____

New Self Member/KTK: May 1 - June 5 (\$59) **Non-Member:** May 1 - June 5 (\$69)

Payment: Cash Check Visa MasterCard American Express New Self account **Amount:** \$ _____

I, the parent/legal guardian of the participant, agree that the participant and I shall comply with the stated and customary terms, rules, and conditions for participation in any program at New Self Renewal Center. I am aware that participation in New Self/Kid Corner programs, parties, and/or use of the play area creates a risk of injury, and I, on behalf of myself and the participant, knowingly and freely assume all such risk, both known and unknown, even if arising from the negligence of others; and, I for myself and the participants, and our respective heirs, assigns, administrators, personal representatives, and next of kin, hereby release and hold harmless, New Self Renewal Center, their affiliates, officers, members, agents, employees, other participants, and sponsoring agencies from and against any and all claims, injuries, liabilities or damages arising out of or related to participation in any and all New Self Renewal center programs, activities, parties, and/ or the use of the play area.

By signing below, I am acknowledging that I have read and agree to the above terms and conditions:

Parent/Guardian Signature _____ Date _____