

Yoga Teen Camp Registration Form

Name: _____

Age: _____

Address: _____

Email Address: _____@_____

Phone Number: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

I, _____, understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against the instructor or Acara Yoga.

Signature of student, parent or guardian

Date

Overview:

Teen Yoga will consist of a twice-weekly summer session (Mondays and Wednesdays during August) for children ages 13-19. Teens will be taught the basics of yoga in an age-appropriate manner, and will benefit by increasing self-esteem, strength, flexibility, balance, coordination and concentration, while also learning techniques to help them focus and relax.

Scheduling:

Teen Yoga will run on Mondays and Wednesdays in August from 4:00-5:15.

Fees:

Pre-registration will be required for the session, with a minimum of 5 students. Students will pay the standard student rate of \$120 for the session (\$15 per class), which is consistent with the current student rate. Families with more than one child attending the session or who refer a friend who attends the session will receive a 5% discount.

Class fees will be refunded for students who cancel the session seven days or more prior to the start day. There will be no refunds after that. There are no refunds for missed classes.