

HDMS Yoga After School

Creating Calm, Focused, and Steady Hearts & Minds

Day: Wednesdays

Time: 3:30 - 4:30

Fee: \$60 youth; \$40/\$60 Parents/Teachers for Session 1; \$120/\$80 for both sessions.

Session 1: Sept. 13th, 20th, 27th, & Oct. 11th, 18th, 25th

Session 2: Nov. 8th, 15th, 29th, & Dec. 6th, 13th, 20th.



Youth will:

Gain Confidence

Increase Concentration

Learn Coordination

Enhance Awareness

Learn Self-Regulation

Build Strength!

Only 10 spots for youth available!

Sign up today to reserve your child's spot !

Parents & Teachers of youth signed up can join for \$40 a session or \$8 drop-in. For Parents/Teachers without a child signed up fee is \$60 a session or \$12 drop-in. Mats will be guaranteed for students only.

***A fee of \$10 will apply for each late student pickup or late registration.**

Brianna Jonak is a Processwork and Mindfulness facilitator and Yoga teacher. She has taught yoga to all ranges of youth and adults through Street Yoga in Portland, OR. She brings knowledge of many different movement and mindfulness systems to help youth gain strength, balance, and joy to their lives. You can find her work at <http://becomingwhole.org> Email: briannajonak@gmail.com Phone: 775-400-1296

Yes! Sign my child/Me up for After School Yoga! Must sign waiver online:

<https://goo.gl/forms/cUKJ4eU1zJnpJb7W2>

Participant Name(s): _____ Parent Name: _____

Parent Signature: _____ Email Address: _____

Home Ph.#: _____ Mobile Ph.#: _____ Check

#: _____ *Submit payment before **09/13/2017** to Brianna Jonak, 2130 Chipmunk Dr.,*

*Washoe Valley, NV 89704 or online **\$3 extra fee** added for Paypal payment:*

[paypal.me/Briannajonak](https://www.paypal.me/Briannajonak)