

Winter /  
Spring 2012

KidsYoga

Empowering Exercises for Kids!

TRITT AFTER SCHOOL ENRICHMENT PROGRAM



**Where:** Room 400

**When:** 12 Mondays, January 23 – April 30. No classes Feb. 20, April 2 & 23.

**Time:** 2:30-3:30 p.m.

**Investment:** \$168 for the 12 classes. (Includes healthy snack and a “breathing buddy.”)

We invite your children to a fun, interactive session of creativity, movement and adventures in Kids Yoga.

We'll stretch, breathe, balance, and learn many of the traditional yoga poses in fun and creative ways. Kids will playfully learn some of the many benefits of yoga. And along the way, we'll build strength, confidence, and the ability to relax.

These techniques can help your children:

- **Build strength and flexibility**
- **Increase focus, concentration and attention span**
- **Develop coordination and good posture**
- **Relax and sleep better**
- **Create a calm and peaceful sense of wellbeing**
- **Imagine and creatively express themselves**
- **Cultivate self confidence and self-esteem**
- **Learn about anatomy and physiology**
- **Strengthen their immune system**

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_

Home Number \_\_\_\_\_ Work Number \_\_\_\_\_

Cell Number \_\_\_\_\_

Email address \_\_\_\_\_

My child will be: \_\_\_ Attending ASP \_\_\_ Pick up at carpool\*

*\*Please note that car pool students will be admitted to ASP if they are not picked up within 10 minutes after the end of class.*

*I give permission for my child to participate in a yoga program of progressive physical exercise and I accept responsibility for requesting such exercise. I have notified my instructor of any health matters which affect my child's physical activity. I release Susan Palace Wellness, Inc. and its staff of any and all liabilities and waive any and all rights and claims for damages I or my child may have against Susan Palace Wellness, Inc. and its instructor.*

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Please make checks payable to Susan Palace Wellness and return to the Tritt Office or mail to 2426 Brookvine Lane, Marietta, GA 30062. Please **Register by Thursday, January 19, 2012**



### ABOUT THE INSTRUCTOR

The class is taught by Susan Fisher Palace, a parent, teacher and the owner of Susan Palace Wellness. Susan has a passion for teaching and has over 15 years experience teaching children and adults how to use the power of their bodies, minds and breath. Inspired by the amazing results these tools had on her students and own children, Susan created KidVisions, an internationally distributed audio CD guiding children to relax, concentrate and create. Susan is a Registered Yoga Teacher (RYT), a certified Integrative Yoga Therapist (IYT) and is trained in YogaKids. She has her MBA from the University of Texas and worked in the healthcare field for 10 years. She is married and has 2 children who use these tools daily.

Please contact Susan Palace at 404-394-3985 or [spalace@bellsouth.net](mailto:spalace@bellsouth.net) for information.