

# Yoga



MOUNTAIN



DOG



DOG



MOON



SUN SALUTE



SUN SALUTE



WARRIOR 1



WARRIOR 2



WARRIOR 3



TREE



CAT



CAT



BOAT



LION



BRIDGE



DORMOUSE (CHILD)



LOTUS



SLEEPY

# After-School Yoga Class with Amanda

Wednesday Afternoons

3:00-3:45pm

January 18<sup>th</sup> – April 5<sup>th</sup>

No class 2/1 and 3/22

Snow Day Make-up Date 4/12

\$125

Amanda Wentworth is a certified hatha yoga teacher at the highest level (E-RYT 500) and holds additional certification in children's yoga (CRYT). With an early start in gymnastics, Amanda knows the importance of body awareness at a young age. She has taught movement to children for 20+ years, and specifically children's yoga for over a decade. Her creative and vibrant classes impart skills in movement, breath, imagery, and relaxation.  
aawatermelon@hotmail.com

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Detach & mail with payment directly to Amanda Wentworth, 1820 Beechwood Ave. Nashville, TN 37212

Child's Name: \_\_\_\_\_ Grade (K-4): \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Phone Number: \_\_\_\_\_

Any physical limitations or previous injury: \_\_\_\_\_

Student pick-up after yoga class: YMCA Fun Co please circle YES / NO

If No, please list Name(s) of pick up Person(s) & relationship to student:

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