

# Yoga Sol Kids Winter, 2017 Registration

To enroll: Mail (or drop in Yoga Sol mailbox) this printed page to:  
**Yoga Sol, 5 Old Post road south, Croton on Hudson, NY 10520.**

Cash or check (payable to Yoga Sol).

Enrollment is limited and on a first come, first serve basis.

Spots are not held unless enrollment form and full payment is received. No  
refunds given, unless class is cancelled.

Participant: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/s \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_

\_\_\_\_\_ phone: \_\_\_\_\_

Briefly explain any condition/s that may limit student's  
participation in class:

## **BUDDING YOGIS (co-ed, pre-school- elementary)**

**Classes begin week of 1/9- week of 4/7**

**12 classes- \$216.**

Yoga & Mindfulness for ages 5-9, Tuesdays 4:00-4:45pm,  
with *Kristi Lynch* \_\_\_\_\_ (no class 2/21 & 3/21)

Yoga & Mindfulness for ages 4-6, Fridays 3:15 -4pm with  
*Kristy Cohen* \_\_\_\_\_ (no class 2/24)

Yoga & Mindfulness for ages 7-9, Fridays 4:15-5:00pm with  
*Kristy Cohen* \_\_\_\_\_ (no class 2/24)

**TWEEN Warriors Girls (girls- middle school)-  
Classes begin week of 1/9- 4/7, 12 classes- \$216.**

Yoga for Middle Schoolers, Tuesdays 5-6pm with *Cathy Anfiteatro*\_\_\_\_ (no class 2/21 & 3/21))

Yoga for Middle Schoolers, Thursdays 4:30-5:30pm with *Cathy Anfiteatro*\_\_\_\_ (no class 2/23))

**TWEEN Warriors BOYS (boys- middle school)-  
Classes begin week of 1/9,- 4/7 12 classes- \$216.**

Wednesdays 3:30-4:15pm with *Argos Gonzalez* \_\_\_\_ (no class 2/19)

**AGREEMENT OF RELEASE AND WAIVER OF LIABILITY**

I, \_\_\_\_\_ hereby agree to the following: student name \_\_\_\_\_ will be participating in yoga classes, health programs or workshops offered by Sol Yoga LLC, during which they will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. 2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes, health programs or workshops. I represent and warrant that the participation is physically fit and has no medical conditions that would prevent the participant's full participation in the yoga classes, health programs or workshops. 3. In consideration of being permitted to participate in yoga classes, health programs or workshops, I agree to assume full responsibility for any injuries, damages, known or unknown, which I might incur as a result of participating in the program which I might incur as a result of participating in the program. 4. In further consideration of being permitted to participate in yoga classes, health programs or workshops, I voluntarily and expressly waive any claim that I may have against Yoga Sol for injury or damages that I may sustain as a result of participating in the program. 5. I, my heirs, or legal representatives forever release waive, discharge and covenant not to sue Alexa Oth, Cathy Anfiteatro, Kristi Lynch, Andrea Coligiovanni or Kristy Cohen for injury or death caused by their negligence or other acts. 6. I agree to give yogasol permission to use photographs of myself or my child for yogasol promotional materials, Internet use, Facebook postings, etc. I understand that my child will not be identified by name, nor will any compensation be extended for such use. I have read the above release and waiver of liability and fully understand its content. I voluntarily agree to the terms and conditions stated above. Enrollment is first come, first serve basis. Spots are not held unless enrollment form and full payment is received. No refunds unless class is cancelled. No makeup sessions are offered if student misses class.

Signature of Participant's Parent

Date

Print Name (parent)

