

Dancing Sun Yoga

Enriching the lives of youth through yoga inspired movement and meditation



Children are natural yogis because of their “live in the moment” attitude and ability to embrace the present. Dancing Sun Yoga helps students improve their focus, concentration, and stress management while having fun and increasing their physical fitness. Incorporating the body, mind, and breath, students will improve their balance, flexibility, and overall wellbeing. Dancing Sun Yoga classes are interactive and engaging, and students are continuously moving and challenging their bodies and mind. Join our fun-filled classes and learn why everyone is loving yoga!

Fall 2015 Yoga Schedule

School	Day	Session 1 (6wks)	Session 2 (6wks)	Time
MTA	Tuesdays	8/25 – 9/29	10/6 – 11/17	3:00 – 4:00
Heights	Wednesdays	8/26 – 9/30	10/7 – 11/18	1:00 – 2:00
Simis	Thursdays	8/27 – 10/1	10/8 – 11/19	2:30 – 3:30

*Sessions are 6-wks long and cost is \$98. Classes are 60 min. immediately after school. **No class during October Break October 12-16.** Students must bring their own mat or we can provide a mat for \$15.



Registration information

Student:	School:	Teacher/Grade:
Parent/Guardian:	Address:	
Email:	Primary phone:	Mobile:
Does your child have health concerns: Y or N		Notes:
After class, release my child to:	Parent pick-up	After care
		Walk/Bike home

Payment information

** Payment/registration must be received prior to first class. Make checks payable to Dancing Sun Yoga and mail to: 537 E. Hayward Ave. Phoenix, AZ 85020, or call (602) 384-7057 to register. Check us out on the web at www.dancingsunyogastudio.com

I hereby agree to the following terms and conditions. I hereby for myself, my children adopted or otherwise, my heirs and executors, waive and release any and all rights against Dancing Sun for any injury or damage that may be suffered by me, my children adopted or otherwise, in connection with my association or entry in activities sponsored by Rising Sun. I hereby agree that my child will have the ability to leave promptly from class by the method selected above. If, at any point, I do not adhere to this term I fully understand that my child may be disenrolled from the class without any refund.

Signature _____ Date _____ Check here to order a mat _____

Madison School Dist. does not endorse this organization. Information is distributed only as a service to the community.

For more info and to check out pictures of our Yoga Retreat go to: www.dancingsunyogastudio.com