



# Children's Yoga

Tuesdays | Jan. 23<sup>rd</sup> – Mar. 13<sup>th</sup> | 11:20 AM – 11:50 AM

8-Week Series \$60

Our participants learn the foundations of yoga and enjoy a practice that fosters confidence, balance and playfulness to last a lifetime! Certified instructor, Melissa Hopper, will lead the class each week with a fun and entertaining theme. This series is limited to 12 participants.

Melissa is a yoga instructor with The Hopper Tree, LLC, a current yoga instructor at Hope Ridge UMC since 2015 and parent alumni of Hope Ridge Preschool.

Please return bottom section to the Hope Ridge Preschool Office with a check for \$60 payable to: 'The Hopper Tree, LLC'.

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## Agreement of Release and Waiver of Liability

To: The Hopper Tree, LLC., Melissa Hopper and Hope Ridge UMC Preschool

Event/Activity: Children's Yoga Class at Hope Ridge UMC

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

Age: \_\_\_\_\_ Teacher: \_\_\_\_\_ Class Time: \_\_\_\_\_

I understand that participation in the above event or activity could include actions or tasks, which might be hazardous to the participant named above.

By signing below, I assume any risk of harm or injury, which might occur to the participant due to his/her/my participation in the event or activity. I release the organization or business named above from all liability, costs and damages, which might arise from participation in the above named event or activity.

My signature also verifies that my child is physically able to participate in a yoga practice and have consulted my physician prior to beginning this practice. I agree that the minor has my consent to participate in the event. I further provide my consent for the organization or business named above to seek emergency treatment for the minor if necessary. I agree to accept financial responsibility for the costs related to this emergency treatment.

Name of Parent/Guardian: \_\_\_\_\_

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

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_