

Unwind, Unplug, Recharge

Are you stressed over homework, tests, and social situations? Suffer from device overload? Do you want to unplug, unwind, and take some “me” time? We’ve got it, right here at the middle school! Join our Mindful Yoga classes and:

- learn ways to cope with anxiety and stress
- increase focus and concentration
- develop self-awareness and self-confidence
- strengthen your body and mind

These classes help you learn how to cope with stress and achieve more balance in your life. You’ll gain better flexibility and learn techniques for relaxing and increasing your attention. Feel better in body and mind.

Held after school on Wednesdays, classes are 45 minutes each, from 3:05 to 3:50 p.m. You can catch the activity bus at 4 p.m.

Mats are provided, and wearing comfortable clothes is encouraged. Classes are suitable for beginners and those with prior Yoga experience.

New this session – rolling admissions! Attend as many or as few classes as you can. Miss the first week? Don’t worry. Come when you can. Just turn in your registration form before class. Try a class out, and see what you think!



Have fun while you learn to relax and cope with everyday stress.

Presented by:

eliminating racism
empowering women
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COMMUNITIES
THAT CARE
ALLIANCE

Registration & Permission Form: Classes begin Wednesday, February 20, and run through Wednesday, March 20 (five weeks). Please return to the Guidance Office by Tuesday, February 19, or before the first class you attend.

Student Name: _____ Grade: _____

Address: _____

Parent Phone No: _____ Student Phone No.: _____

Parent E-mail: _____ Student E-mail: _____

By signing below, I give permission for my child to participate in this program.

Parent Signature: _____

Participation is subject to all terms of York Suburban School District’s policies for extra-curricular activities, including, but not limited to, school attendance and grade policies, student conduct policies, and waivers of liability.

It is also subject to YWCA York’s Waiver & Release policy:

I understand that yoga includes physical movements, and the risk of injury is always present and cannot be entirely eliminated. Yoga is not a substitute for medical attention and is not recommended under certain medical conditions. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I assume full responsibility, and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have after against YWCA York and its instructors.

I have read and fully understand and agree to the above terms of this liability Waiver Agreement.

Parent Signature: _____