



Kids Yoga Registration Form

What to Expect

Our classes go far beyond traditional yoga. While we do explore movement and mindfulness, we also incorporate engaging tools and activities designed to support your child's development. This includes exercises to build gross and fine motor skills, boost balance and coordination, and strengthen hand-eye coordination. Every activity is thoughtfully chosen to nurture both body and mind—helping children grow their confidence, focus, and sense of calm in a joyful, playful environment.

My goal is to make your child's yoga journey both meaningful and enjoyable. Sharing any relevant details about your child—such as learning preferences, physical considerations, or personality traits—helps me better support their experience. If you ever have questions or thoughts about our sessions, I'm always happy to connect.

Let's Stay in Touch

Got a question, a suggestion, or a heartwarming story about your child practicing tree pose in the cereal aisle? I'm all ears (and elbows—this *is* yoga, after all).

Name: Teacher Ellie - Chief Calm Officer

Phone: (425) 273-0329— Text messages are always welcome

Email: ellie.elmi@hotmail.com - My inbox is always open (and it does *child's pose* on weekends)

Seriously though, feel free to reach out anytime!

Now that you have my contact details, I'd appreciate yours as well. Please complete the following section so I have the necessary information to support your child safely and effectively throughout their time in class.

Your details will be used solely for communication, emergency contact, and to better understand your child's needs and well-being.

Child's Name

Child's Date of Birth

Does your child have any health issues I should be aware of? If none please state - None

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Parent Name

What are your child's strengths? Areas of concern? Please share any other relevant information to allow us to best support your child during class.

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Disclaimer

Safety & Participation Guidelines

Kids yoga sessions may include individual movement, group activities, supportive touch, and opportunities for relaxation, coordination, and balance. When you register, you acknowledge that your child is physically able and ready to participate. I take great care to create a safe and supportive environment; however, as with any physical activity, a risk of injury remains and cannot be completely eliminated.

In our classes, we explore the yoga principle of ahimsa, which means non-harming and kindness toward ourselves and others. Children are encouraged to listen to their bodies, make mindful choices, and ask for help when they need it. We also practice treating one another with respect, using gentle words and hands, and honoring each person's space. Ahimsa is not just a philosophy—it's woven into how we move, speak, and connect in every class.

Payment Policy

Full payment is kindly requested at the start of each month to confirm your child's spot in class.

Cancellation Policy

In the event that I need to cancel a session due to illness or travel, I will make every effort to reschedule or offer a makeup class. Unfortunately, I'm unable to offer makeup classes or refunds for missed sessions due to a child's illness, appointments, or family travel.

Thank you for your understanding and for being part of this mindful community.

Please read the above disclaimer and check the box to agree. By checking the box, you agree that you have read the safety guidelines and policies above and will ensure that you adhere to them.

☐ I agree with the above disclaimer. Today's Date: