Welcome back from the holidays! Below is some basic information regarding the program.

At any time if you have any questions please feel free to reach out. I can be reached by phone, text or email. diondra@pvykids.com 561-504-2724.

CLASS

- Mats and Props are provided. If your child has their own mat and would like to bring it, they are welcome to.
- Snack is provided during class. If you child has any allergies, please be sure to note it on the registration sheet or reach out me directly.
- Please have your children wear comfortable clothing on yoga days. It makes it easier for them to turn themselves into pretzels if they aren’t worried about their dress flying up or shorts not being comfortable.
- If you have a child who is inquisitive about yoga but not sure if they want to do it long term, they are always welcome to come try a class. Please provide 1 weeks’ notice so that I have enough mats and supplies.

CLASS SCHEDULE:

- There are total of 13 sessions for the Spring Term
- Spring schedule runs from January 21- May 12
- There will be no class on the below days
  March 10, 24 and April 21
  **** Reminder we start 1 week after the other activities so there is no class also on January 14***

PAYMENT

- Payment is due prior to the first class of the month. For parents who prefer to pay in full that is available as well.
- 2 Ways to Pay by Check or Venmo. https://venmo.com/
- Please make checks out to Diondra Miles and my Venmo account is listed under @diondra-miles
- Invoices are sent via email prior to the first of the month as a reminder.
- Finance assistance is available to those who qualify. Please contact me directly.
CLASS:
In Fall Session we began our Kindness Ninja Program and it was huge success with the kids. As a result, we are going to carry that theme through to the Spring Session as well.

It was fun to see children’s eyes light up each week as the told their stories during snack of the kind things they did for others since we had last seen each other. As we all know ninjas are stealthy, so the children’s mission was to do their R.A.O.K. (Random Acts of Kindness) without letting the recipient know that the kind action came from them. I think that was there favorite part. Thank you to all the parents for helping and encouraging them with their R.A.O.K.’s. Hopefully some of you were the recipient of those kind deeds.

We have some great things planned for this session including a kindness challenge, inspirational rock project, a valentine’s day project, and a Mother’s Day project.

Thank you to all of you for your support and for letting your kids be a part of this program. We have a lot of fun together and it is so nice to see the progress they have made over the last 2 terms with their yoga poses, mindfulness, and mediation. I am looking forward to watching them grow even more this term and hopefully by the end of the year they can teach you some of what they have learned.

CHARITABLE
Update on our donation to the charitable organization that we support in Belize called SAGA. The profits from last spring session & this fall totaled $500!! We went down in November and delivered the check in person, toured the facilities and got to meet some of their amazing staff. While we were there, they had an event which provided immunizations to 100 animals and spayed and neutered 50 cats and dogs. The work they do down there is so needed and without them the island would be lost.

For those of you that are not familiar with SAGA they are a private, nongovernment subsidized humane society on the island of Ambergris Caye that works to provide medical care and shelter for the many homeless and abused animals in the region. [https://sagahumanesociety.org/](https://sagahumanesociety.org/)
Yoga-Diondra Miles

After School Activities Spring 2020
This Registration Form is for the following

Ages 5-8 years- Ages Flexible:
   Tuesday *Jan 21 — May 12 *3:30-4:30pm

$15.00 per class

Instructions:
1. Fill out the required registration information below
2. Submit completed form along with all appropriate payment(s) to the office. Please make checks payable to the appropriate instructor as indicated. Payment is due according to each instructor’s individual payment arrangements. We will accept payments in the office, or if possible, please give directly to the activity instructor.

Financial assistance is available from the instructor on a limited basis.

Student Name ___________________________________________ Student’s Class __________________________

Date of Birth ________________

Previous experience, if any ________________________________________________________________

Parent Name ___________________________________________ Email address: ______________________________

Phone Numbers (cell)________________________________________________________

(work)____________________ (home)____________________________

Address ____________________________________________________________

City __________________________ State ______ Zip ________

Emergency Contact ________________________________________________

Emergency Phone Number ____________________________________________

_____ (Please initial) I release Center Montessori School and all its staff, instructors, and agents of all liability due to injuries incurred by my child as a participant of the extracurricular activities for which I am registering my child.

Parent Signature ___________________________________________ Date __________________________