

May 12, 2012



Dear parents and/or caregivers,

We are very excited to be offering new Inclusive Yoga Classes for Kids at the JD McCarty Center! I have been leading a similar group for our inpatients for 2 years and look forward to helping more children experience the benefits of yoga. We will practice fun basic yoga poses, breathing exercises & relaxation techniques and will use creative expression, games, books, music, positive affirmations and storytelling to promote:

- Strength, flexibility, balance
- Concentration, focus and attention
- Inner strength and body awareness
- Confidence and self-esteem
- Relaxation and self-control
- Feeling of well-being and respect for others

Each 3-week series of inclusive yoga classes is for kids of all abilities, ages 4-8 years. All yoga poses and activities will be developmentally appropriate and can be modified to meet individual physical, sensory and special needs. Eco-friendly, kid-sized yoga mats will be provided during the class. Props and visual supports will be used as needed.

We will meet on Mondays from 3:30-4:00pm on the following dates:

- Series 1: June 4, 11 & 18, 2012 (registration deadline: May 31, 2012)
- Series 2: July 9, 16 & 23, 2012 (registration deadline: June 18, 2012 - I will be on vacation 6/20 - 7/6/12)
- Series 3: August 6, 13 & 20, 2012 (registration deadline: August 2, 2012)


Please complete and sign all portions of the Registration Form and return it to:

J.D. McCarty Center  
Attn: Angela Moorad  
2002 East Robinson Street  
Norman, OK 73071  
Fax: (405) 573-5300

Registration forms may be returned via e-mail, mail, fax or in person and must be received no later than 4:00pm on the day of the registration deadline.

At least 10 children will have to be registered in order for us to offer each series of classes at this incredibly affordable rate. Only 12 spots are available in each class series so register early!

If the first class has reached maximum capacity and enough folks are interested, an additional class may be added at 4:30-5:00pm on those same dates.

 **Bonus:** All kids who participate in at least two 3-week series will receive a free copy of a kids yoga DVD to use to practice yoga at home.

I will contact you via e-mail or phone the Friday before the first class in each series to verify your child's enrollment status and to let you know whether or not we have received enough registrants to offer the class series.

The fee for each 3-week yoga class series is \$15.00 per child. Payment will be due in full at the first session. Due to the incredibly affordable rate, the full \$15.00 rate is due even if your child will miss any of the classes. Payment options include check (made payable to "JD McCarty Center"), credit card and cash (exact amount only). The registration fee is non-refundable. Refunds cannot be given if a child misses a session. Make-up sessions will only be offered only if the JD McCarty Center cancels a group due to weather or personnel issues.

A little info about what to expect at this kid's yoga class:

- Please arrive about 10-15 minutes early the day of the first class in each series to allow time for registration payments.
- Each class will start and end on time so please arrive on time or couple of minutes early in order not to miss any of the yoga fun.
- Wear clothes that will be comfortable for movement. Dresses do not work well for yoga.
- Please avoid large meals or heavy snacks before coming to yoga.
- Please have your child drink some water and take a restroom break right before each class.
- Please do not attend a class if your child is sick or has had a fever (over 99°), diarrhea or vomiting within 24 hours of the class.
- A parent/caregiver will need to remain onsite at the JD McCarty Center while your child is participating in the yoga class.
- Depending on the availability of JDMC volunteers to assist me, a parent/caregiver may be asked to stay with a child in the class if they will need 1-on-1 assistance in order to participate due to their special needs.
- While these are not "family yoga" or "mommy & me yoga" classes, parents may stay to watch or participate with their child if space allows.

If you have any questions, please feel free to contact me at **(405) 307-2802** or [amoorad@jdmc.org](mailto:amoorad@jdmc.org).

I look forward to meeting you and your child and helping them explore the fun of kid's yoga!

*Angela Moorad MS, CCC-SLP*

Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2  
Speech-Language Pathologist at the JD McCarty Center  
Radiant Child Yoga Certified - Levels 1 & 2  
JDMC Website: [www.jdmc.org](http://www.jdmc.org)

Founder of OMazing Kids, LLC - inclusive wellness activities for kids of all abilities  
OMazing Kids Blog: [www.omazingkidsllc.com](http://www.omazingkidsllc.com)  
OMazing Kids on Facebook: [www.facebook.com/OMazingKidsYoga](http://www.facebook.com/OMazingKidsYoga)  
OMazing Kids on YouTube: [www.youtube.com/user/amoorad1](http://www.youtube.com/user/amoorad1)

