

August 14, 2012



Dear parents and/or caregivers,

We are excited to be offering Inclusive Kids Yoga Classes at the JD McCarty Center this fall! 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

What: Inclusive yoga classes 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.

When: Mondays from 4:00-4:30pm on the following dates:

- **Fall Series 1: September 10, 17 & 24, 2012** (registration deadline: 8/31/12)
- **Fall Series 2: October 1, 8 & 15, 2012** (registration deadline: 9/14/12)
- **Fall Series 3: November 5, 12 & 19, 2012** (registration deadline: 10/19/12)

Registration Fee: \$20.00 per child per 3-week series.

- Make checks payable to "J.D. McCarty Center".
- Payment must be submitted with the registration form.

If registering for more than one series of classes, please attach separate checks for each series.

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

J.D. McCarty Center
Attn: Angela Moorad
2002 East Robinson Street
Norman, OK 73071

Registration forms with attached payment may be returned via mail or in person and must be received no later than 5:00pm on the day of the registration deadline.

At least 7 children must be registered in order for the center to offer each series of classes at this affordable rate. A limited number of spots are available in each class series so register early!



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.

The registration fee is non-refundable. Refunds will not be given if a child misses a session. Substitution of another child attending in your child's place for an individual class requires my approval in advance and is handled on a case-by-case basis. Make-up sessions will only be offered only if the JD McCarty Center cancels a class due to weather or personnel issues.

I will contact you via e-mail or phone at least 3 days prior to 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. Payment will be returned in the event that there are not enough registrants for that series of classes to be offered.

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

- 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 or skirts 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.
- As a courtesy, please call or e-mail me if you will not be able to attend a 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 participate with their child if space allows.

If you have any questions, please feel free to contact me. I look forward to helping your child 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

(405) 307-2802 – direct line with voicemail

amoorad@jdmc.org - e-mail

JDMC Website: www.jdmc.org

Founder of OMazing Kids, LLC – inclusive wellness activities for kids of all abilities

OMazing Kids Blog: www.omazingkidsllc.com

OMazing Kids on Facebook: www.facebook.com/OMazingKidsYoga

OMazing Kids on YouTube: www.youtube.com/user/amoorad1



(FYI – Here is a free website that allows you to fill out a PDF form online for free without having to download any software. First save the Inclusive Kids Yoga Registration form to your computer. Then go to this website: <http://www.fillanypdf.com/>. Click the red "open form" button to load the form from your computer. Fill out the form using the checkmark & text tools at the top of the page. Then click "Done", then "OK", then "Download". Save the "filled" form under a different name on your computer & print.)