



Yoga for Children Grades 4-6 Castor Valley Elementary School Winter 2012 – 7 week course

Mondays - January 16 – March 5 *(no class February 20 Family Day)*

Extra Curricular Creative Arts Program, Continuing Education

The Extra Curricular Creative Arts (ECCA) Program in Continuing Education is pleased to offer another 7-week *Yoga for Children* course for the winter term at Castor Valley Elementary School.

Course Description – Yoga for Children

This course is available to girls and boys in **grades 4-6** at Castor Valley Elementary School and is scheduled to take place during Monday recess break 12:05-12:30. Each Yoga session gives children the opportunity to play with different yoga postures, stretching and strengthening their bodies. Children will experience different ways of relaxing, and practice skills that help them understand how to calm their body and focus their mind. The child-friendly themes that are incorporated into the lessons introduce stress management/coping skills that enable children to become more self-confident and resilient.

NOTE: Registrations are taken on a first-come first-served basis. Class Size: Minimum 8, maximum 12 students.

Instructor Leanne Damas

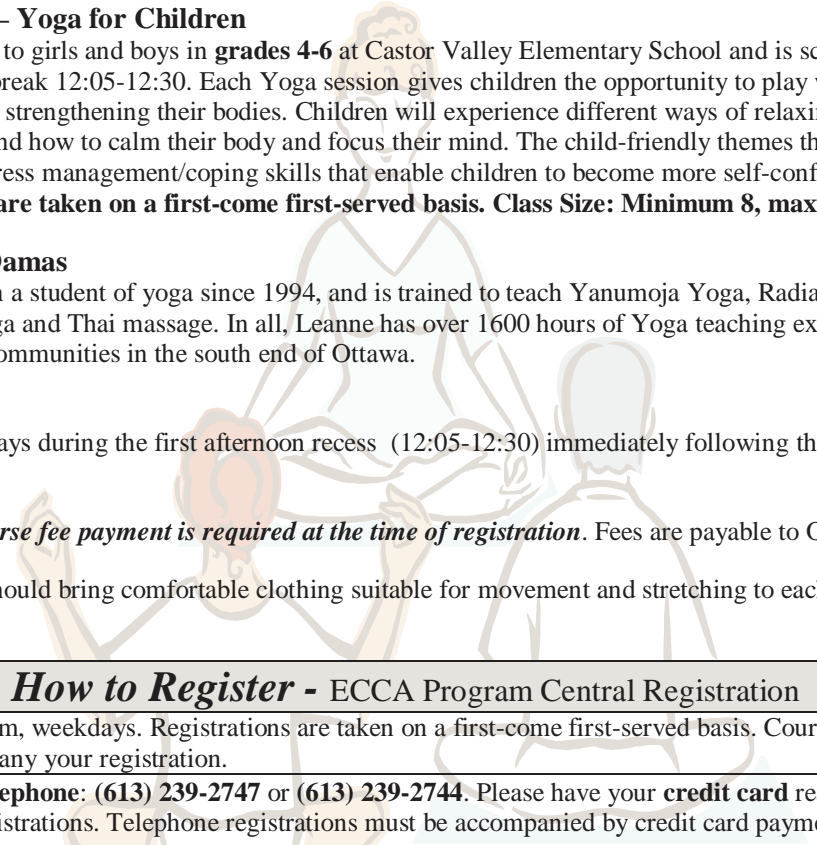
Leanne Damas has been a student of yoga since 1994, and is trained to teach Yanumojia Yoga, Radiant Child Yoga, Prenatal Yoga, Yin Yoga and Thai massage. In all, Leanne has over 1600 hours of Yoga teaching experience. She enjoys sharing yoga with the communities in the south end of Ottawa.

Course Schedule

Classes run for 7 Mondays during the first afternoon recess (12:05-12:30) immediately following the regular supervised nutrition break.

Course Fee \$45 *Course fee payment is required at the time of registration.* Fees are payable to OCDSB.

Clothing Students should bring comfortable clothing suitable for movement and stretching to each session. Mats will be provided.



How to Register - ECCA Program Central Registration

WHEN	9am-4pm, weekdays. Registrations are taken on a first-come first-served basis. Course fees must accompany your registration.
HOW	<ul style="list-style-type: none"> • Telephone: (613) 239-2747 or (613) 239-2744. Please have your credit card ready for telephone registrations. Telephone registrations must be accompanied by credit card payment OR • Fax (613) 239-2679. Complete the information on the back of this flyer, include your credit card information, and send by fax OR • In Person – Room E121, 440 Albert Street, Continuing Education. Payment options are Visa, AMEX, Mastercard, debit/cash, money order or cheque (payable to OCDSB) OR • Mail – Complete the information on the back of this flyer, include payment, and mail to Extra Curricular Creative Arts Program, Continuing Education, 440 Albert Street, Ottawa, Ontario K1R 5B5. Do not send cash by mail.
NOTE	Should the OCDSB be obliged to cancel a course due to insufficient registration, a full refund will apply. Cheque refunds require a processing period of 4-6 weeks and are mailed by Canada Post. Visa, Mastercard, AMEX will be credited. Debit refunds in-person only.
Refund Policy	No refunds if a student withdraws from a course of less than one school term duration.



REGISTRATION FORM
 Extra Curricular Creative Arts, Continuing Education
FAX # (613) 239-2679



YOGA FOR CHILDREN Grades 4-6
Monday January 16-Monday March 5, 2012
Castor Valley Elementary School

STUDENT INFORMATION

Student Last Name _____ First Name _____ M__ F__
 Date of Birth _____ School Grade _____ Classroom Teacher _____
 Home Address: Street No. _____ Street Name _____ Apt.# _____
 City _____ Province _____ Postal Code _____
 Student Allergies _____ Remedies _____
 Any Health Concerns _____
 Has your child participated in *Yoga for Children* at Castor Valley previously? Yes No

PAYER AND CONTACT INFORMATION

Last Name of Payer _____ First Name _____ M__ F__
 Relationship: Primary Parent/Guardian _____ Other (Specify) _____
 Tel. # (H) _____ (W) _____ Ext. _____ Cell _____
 Fax _____ Email _____
 Emergency Contact Name _____ Tel # _____ Cell # _____
 Relationship (Specify) _____

COURSE INFORMATION - Yoga for Children with Leanne Damas
 Note: Minimum 8 students, maximum 12 students
Yoga for Children Grades 4-6 Monday recess break - 12:05-12:30pm
Course #61682 Course Fee \$45
7 week course - Monday January 16, 23, 30, February 6, 13, 27, March 5.
NOTE: NO CLASS Monday February 20, Family Day

Note: All sessions take place in the Library at Castor Valley Elementary School

FEE PAYMENT

Course fees are payable in full to Ottawa-Carleton District School Board and required at the time of registration. (Include credit card details if registering by Fax).

PAYMENT

CREDIT CARD # _____ **Exp** _____
 (Visa, Mastercard, AMEX) **Authorised Cardholder Signature**

CHEQUE – payable to Ottawa-Carleton District School Board (OCDSB) **MONEY ORDER**

DEBIT/CASH: In-person registrations only, at 440 Albert Street

(For Office Use Only) Class Reg Conf. # _____ Class Reg Receipt # _____ Initial _____

PLEASE DO NOT RETURN THIS REGISTRATION FORM TO THE SCHOOL