



**Yoga for Children Grades 3-5**  
**Manotick Public School**  
**Winter 2012 – 8 week course**  
**Tuesdays - January 17 – March 6**  
**Extra Curricular Creative Arts Program, Continuing Education**

The Extra Curricular Creative Arts (ECCA) Program in Continuing Education is pleased to offer another *Yoga for Children* course for the winter term at Manotick Public School.

**Course Description – Yoga for Children**

This course is available to girls and boys in **grades 3-5** at Manotick Public School and is scheduled to take place during Tuesday afternoon recess break 1:00-1:25pm. 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**

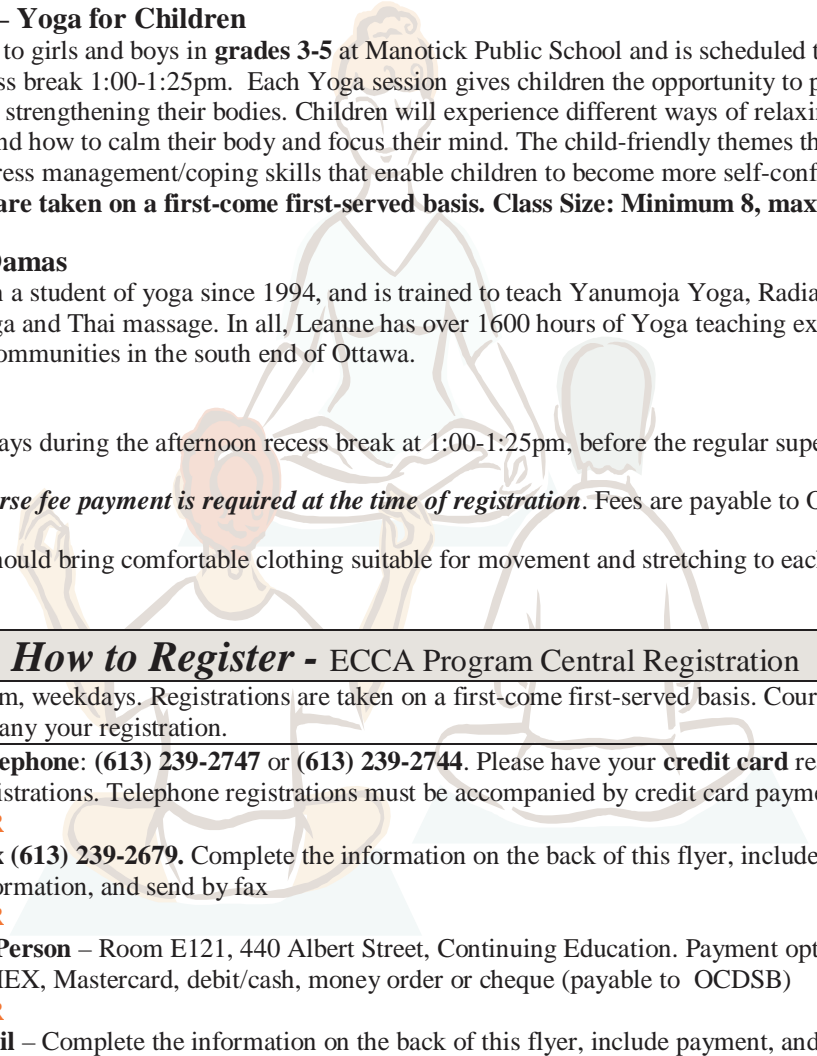
Leanne Damas has been a student of yoga since 1994, and is trained to teach Yanumojja Yoga, Radiant Child Yoga, Prenatal Yoga, Yin Yoga and Thai massage. In all, Leanne has over 1600 hours of Yoga teaching experience. She enjoys sharing yoga with the communities in the south end of Ottawa.

**Course Schedule**

Classes run for 8 Tuesdays during the afternoon recess break at 1:00-1:25pm, before 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.



<b><i>How to Register - ECCA Program Central Registration</i></b>	
<b>WHEN</b>	9am-4pm, weekdays. Registrations are taken on a first-come first-served basis. Course fees must accompany your registration.
<b>HOW</b>	<ul style="list-style-type: none"> <li>• <b>Telephone: (613) 239-2747</b> or <b>(613) 239-2744</b>. Please have your <b>credit card</b> ready for telephone registrations. Telephone registrations must be accompanied by credit card payment <b>OR</b></li> <li>• <b>Fax (613) 239-2679</b>. Complete the information on the back of this flyer, include your <b>credit card</b> information, and send by fax <b>OR</b></li> <li>• <b>In Person</b> – Room E121, 440 Albert Street, Continuing Education. Payment options are Visa, AMEX, Mastercard, debit/cash, money order or cheque (payable to OCDSB) <b>OR</b></li> <li>• <b>Mail</b> – 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. <b>Do not send cash by mail.</b></li> </ul>
<b>NOTE</b>	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.
<b>Refund Policy</b>	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 3-5**  
**Tuesday January 17-Tuesday March 6, 2012**  
**Manotick Public 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 Manotick Public School 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 3-5 Tuesday recess break - 1:00-1:25pm**  
**Course #61683 Course Fee \$45**  
**8 week course - Tuesdays January 17, 24, 31, February 7, 14, 21, 28 and March 6**

**Note:** All sessions take place in the **Gym at Manotick Public 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**



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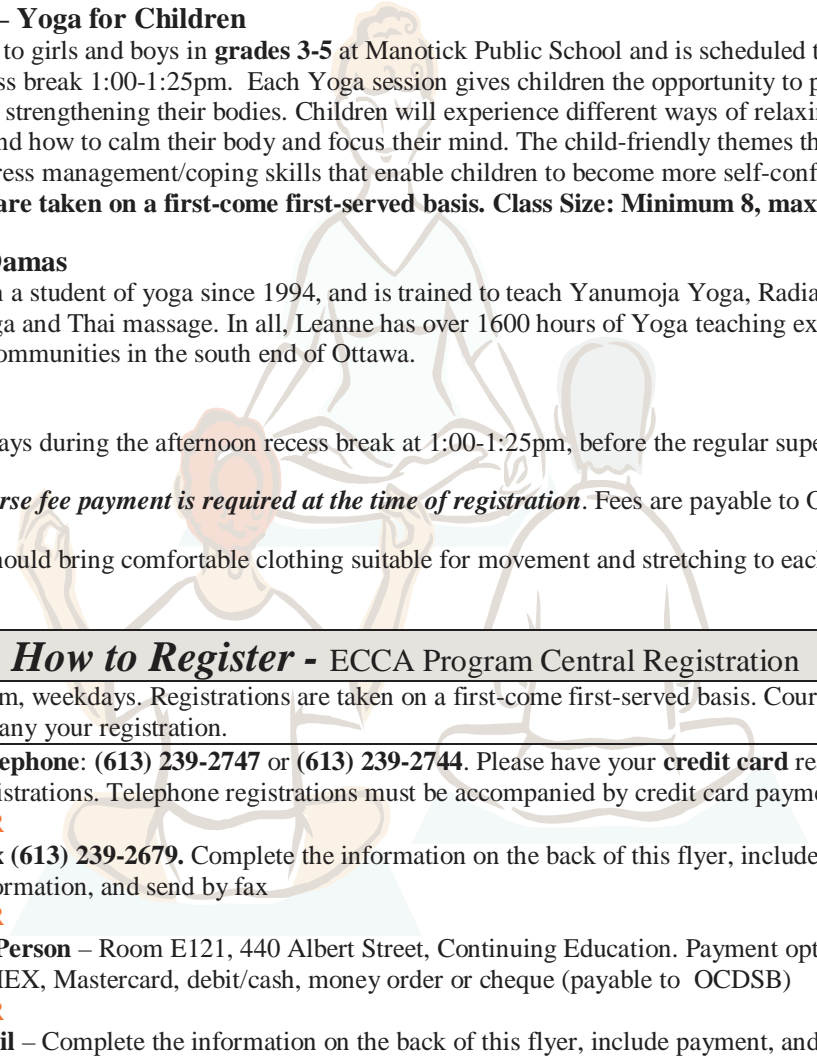
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