



With Danielle Bonfanti: Certified Adult, Child and Special Needs Yoga Teacher
at B.E.S.T. Learning Center this Fall

525 Veterans Memorial Highway, Smithtown (631) 864-4064

Incorporating Yoga into one's daily experiences improves concentration and focus, enhances creativity, improves confidence, promotes health and wellness, relieves anxiety and improves academic performance. Children of all abilities, including ADD and ADHD, will benefit by becoming more mentally present for listening and learning and their self-awareness and self-esteem will strengthen. The program's benefits will include developing physical and mental strength, enhancing the brain, building a positive attitude and calm mind and increasing self esteem.

Danielle will teach a 45-60 minute class consisting of breathing techniques, visualizations, yoga postures, games and relaxation. Through fun and movement children will learn skills to aid in daily life. Class structure and duration will vary depending on the age group.

On September 21st and 22nd, Danielle will be hosting an

Assembly on Yoga and Fitness

for our 3 and 4 year old children at B.E.S.T. Learning Center. This will be a wonderful opportunity for the children to learn about Yoga and the fun and benefits that it offers.

Fall 2012 Schedule

Tuesdays: September 25, October 2, 9, 16, 23, 30, Nov. 13, 20, 27 & December 4

Preschool ages (3-4 years)4:00pm to 4:45pm

\$150.00 for the 10 class session Sept 25th - Dec 4th

(In the event that there is a class cancelation the makeup date will be Dec 11th)

REGISTRATION DEADLINE: Monday Sept 24th space is limited

For more info please: WWW.YOGAWITHDANIELLERA.COM (516) 526-2334

A Wednesday afternoon class from 4:00pm to 4:45pm may be started if there is enough interest in the class. Please see us in the office if you would be interested in a Wednesday class.

If you are interested in learning about bus transportation from your child's school (within Hauppauge school district) to B.E.S.T. Learning Center for Children's Yoga and child care for before and after the class please call B.E.S.T. Learning Center at 864-4064 for details!

B.E.S.T. Learning Center offers Before and After School Care for Hauppauge elementary and middle school students at the rate of \$6.00 per hour for each hour you go into. This service does require you to register your child at the school.

Kids Yoga Liability and Release Registration Form

In exchange for permission for my child to participate in the Yoga Program, I hereby grant the following release from Liability on his/her behalf.

I, _____, on my child's behalf, release, discharge and hold harmless Danielle Bonfanti (C-YRKT, CYT) and B.E.S.T. Learning Center, owners, directors, employees and sponsors (hereafter the "release Parties") from all liability for injury to my child's person, or other person's, my property and other person's property, arising out of or in connection with or caused in any manner by my participation in the yoga fitness program and classes.

In the event that my child becomes ill or injured during or as a result of participation in the yoga program and classes, I hereby authorize Danielle Bonfanti and the release parties to arrange for such emergency medical attention as they, in their so judgment may deem to be required to preserve my child's life and or health. I hereby release, discharge and hold harmless Danielle Bonfanti and the release parties: as well as any person or entity that provides such emergency medical attention, from any and all liability in connection with any injury to my child's person or property arising in connection with or as a result of such emergency medical treatment.

SESSION: Fall (10 classes/\$150.00)

AGES: Preschool _____

Name (Please Print Child's Full Name)

Parent's Signature _____ Date _____

Address _____

Home Phone _____ Cell Phone(s) _____

Emergency contact name and # _____

Email _____

My child may be released from class to: _____

Please list any medical conditions/allergies/special accommodations:

Please note that there are NO Makeup days for Kids Yoga.

Parent's Signature _____