



# Kids Yoga:

## Class Rules & Regulations

Parents/Guardian: Please read the following and speak with your child about pertinent class rules and regulations to ensure all students have an enjoyable experience.

- Parent or Guardian must come into the studio to drop off and pick up student. Please arrive on time, minimum of 5 minutes prior to start of class.
- Parent/Guardian are welcome to stay in the studio for adult class at the same time on Monday's or otherwise MUST be within close proximity during duration of class (especially for children under 10 y/o). If you cannot be within proximity, leave a name/cell number where we can reach you.
- Please bring your own mat, there are limited number of rentals available.
- Students are encouraged to be on their best behavior. While we are here to have fun, we are also promoting peace and calm. Please ask your child to use inside voices and speak kindly to the teacher and fellow classmates.
- Unless we are practicing partner yoga poses, students are expected to keep their hands to themselves. I.e. no touching or poking other students.
- If there is anything we should know about your child, please speak with the teacher directly.

Your participation to help us bring awareness to your child is much appreciated.

Thank you,

Breathe N Flow Yoga