

FREQUENTLY ASKED QUESTIONS ABOUT YOGA

How does yoga work?

The unique poses of yoga help the body learn to use different muscles together to help improve coordination, balance, strength and flexibility. Also, a big part of yoga is learning to be quiet and still, which can help sharpen your mind and keep you calm in stressful times.

Where did yoga come from?

The poses we use in yoga began as a form of relaxation and meditation, and evolved over thousands of years to address all parts of the body and how they work together. The word "yoga" means "union", and it is this attention to how the body works as a whole, as well as helping you to be calm and focused in your movements, that makes yoga special. A lot of yoga poses are named after things found in nature that the poses resemble, like mountain pose, tree pose, cobra pose or downward dog.

What is the goal of yoga?

Because yoga uses poses, many people think it's only about stretching. Stretching is definitely involved, but the poses are designed to also help build strength by asking you to support your body weight in unique ways, and overall flexibility and balance by asking you to maintain your pose over time. Yoga is really an all-in-one fitness program.

Can yoga help me do better in school or sports?

Absolutely - not only can it help you build strength, improve flexibility, balance and coordination, which can help you in sports, it can also help you learn to focus your concentration which can help when studying or taking a test.

Is yoga for both boys and girls?

Yes, yoga is for everyone. But yoga is not competitive in any way -- the idea is to do the best you can at whatever your fitness level is, and to learn about your own body and how it works as a whole.

Is yoga hard?

YogaPlay is all about having fun while you move. In these classes we will invent our own poses, play movement games and engage in question and answer about muscles and bones and how the body works and the kind of fuel the body needs to work properly.

YOGAPLAY REGISTRATION FORM

Please return to school office with payment

Child's Name: _____ Grade: _____

Address: _____

Parent/ Guardian Name: _____ Home Phone: _____

Cell Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

I will pick my child up at 4:00 PM _____ My child will go to After School Care at 4:00 PM _____

*Please make check payable to **PLAYTIME FITNESS***

310-251-2176

maddylewis3@gmail.com

www.playtimefitness.net

Release of Liability

By signing below I, and by extension the minor child indicated below for who I am the legal guardian, hereby agree to accept any and all risk resulting from participation in the PlayTime Fitness program. Furthermore, I hereby release, waive and discharge PlayTime Fitness, its owners, agents, officials and instructors, from any claim or liability as a result of injury to my person, and/or that of the minor child indicated below, from any cause, whether or not such injury results from the active or passive direction or influence of PlayTime Fitness. I also hereby agree to release and waive any claims and causes of action against PlayTime Fitness for personal injury and/or consequential damage to me and or the minor child indicated below resulting from the operation, management or supervision of PlayTime Fitness, and to indemnify, defend, and hold PlayTime Fitness free and harmless from any cost, loss or liability arising out of any injury to me and/or the minor child indicated below in or around PlayTime Fitness proximity.

Participant Name

Signature of Parent or Guardian

Date