



Young Yoga Masters

KIDS YOGA TEACHER TRAINING THAT COUNTS!

Yoga Alliance Registered Children's Yoga School

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Welcome to the Family and Kids Yoga Classes!

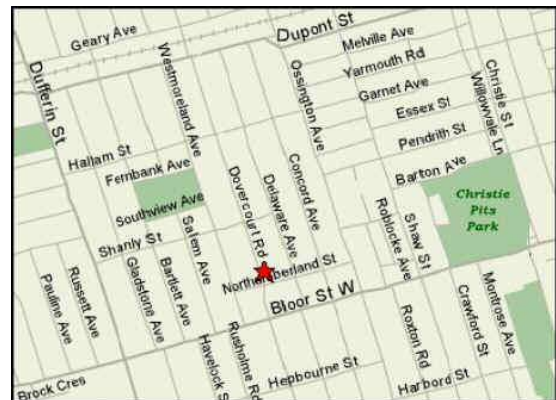
Thank you for your interest in the upcoming Free Family and/or Kids Yoga Classes. We encourage you to save your space by [Registering at this link](#). Drop-ins are permitted if space is available. The free classes are taking place at:

Dovercourt House

805 Dovercourt Ave., Toronto, ON, M6H 2X4
(1 1/2 blocks north of Bloor, 5 blocks east of Dufferin)

Class Hours:

- **Family Yoga Saturday 1:30 – 2:30 pm (all ages)**
Arrive any time after 1:15 pm to set up
- **Kids Yoga Camp Sunday 3 – 5 pm (ages 5+)**
Arrive any time after 2:45 pm to set up



Free Classes take place during the Kids Yoga Teacher Training on:

- **Jan. 20-21, 2018** [Themes and Dreams Certificate](#)
- **Feb. 24-25, 2018** [Inclusive Yoga Certificate](#)
- **April 13-15, 2018** Yoga Show, Metro Toronto Convention Centre – come visit us at our booth!
- **May 5-6, 2018** [Mindfulness for Children Certificate](#)
- **June 2-3, 2018** [Branching Out Certificate](#)

Important Information:

- **About the Class Registration:** All our yoga classes utilize play based learning. Our focus is on having fun while doing poses and learning about yoga, relaxation, and reducing anxiety. Class registration is \$10 per family per class. The amount will be refunded through Paypal the week after the class if you attend the class. We want to encourage those who register to attend. For those who attend the classes are free because they are taught by kids' yoga teachers in training under the supervision of the Lead Trainer of our Yoga Alliance –Registered Children's Yoga School.
- **About Family Yoga (all ages):** Both adults and children are encouraged to do yoga (as per their abilities). This class is taught by the Lead Trainer on the first day of the Kids Yoga Teacher Training

weekend. If you are bringing young children we encourage you to help them return to the class if they wander away, but if your kids are watching what is going on, as often happens, we encourage adults to do the activity and model the activity. When in doubt, your Yoga Teacher will let you know if something needs to be done, otherwise adults are encouraged to participate in the yoga class. We always do yoga poses, bonding activities such as partner yoga, and a relaxation time appropriate for children.

- **About the Kids Yoga Camps (ages 5+):** These 2 hour camps happen on Sunday afternoon (3-5 pm), this is the last part of the Kids Yoga Teacher Training weekend. There are 10 – 15 new teachers looking forward to teaching your children about yoga. Parents are invited to leave their cell number and drop their kids off any time after 2:45 pm, then pick them up at 5 pm. There are seats in the entryway to oversee the classes if desired. In the 2 hour class your kids will do yoga, play yoga games, do crafts, and have relaxation and mindful time.
- **Dress to do yoga and bring your yoga mat and water bottle:** Dovercourt House is a large dance studio with wood floors. Bring a yoga mat if you have one. Bring your water bottle too. We have a few yoga mats that can be borrowed. Dress in layers to do yoga, crafts, and relaxation.
- **Parking:** Street parking on Dovercourt is free for 3 hours. If you choose street parking, be sure to check the signs carefully to make sure you are parking on the correct side of the arrows – the police ticket regularly. There are Green P Parking lots on Salem Ave, Ossington Ave, and Bartlett Ave, the cost is about \$4.
- **Directions by Public Transport:** From Ossington Subway Station, take the Delaware exit (from the underground level). Walk 1 block North to Northumberland St., then 1 block West to Dovercourt Rd., turn North (right). The building is adjacent to the Salvation Army Parking Lot on the East side.

If you have any questions contact: Aruna 416-944-2888 (cell) aruna@YoungYogaMasters.com

Thank you for joining us for Kids Yoga with Young Yoga Masters.

We look forward to seeing you at the next class.

Yours truly,

Aruna

Aruna Kathy Humphrys

Aruna@YoungYogaMasters.com



P.S. Help us achieve our mission to equip every child with tools to manage stress and be healthy. If you know anyone who supports this goal, please tell them about our [Kids Yoga Teacher Training](#) and the Kids Yoga Classes. Your referrals mean a lot!

<https://youngyogamasters.com/kids-yoga-teacher-training/>

Waiver, Release of Liability, and Assumption of Risk Agreement to Participate

In consideration of being allowed to participate in yoga classes, events, and training, I agree to waive my rights to ordinary negligence issues, understanding that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

I understand that it is my responsibility to work within my limitations. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga practice and/or specific poses are not recommended and are not safe for individuals with certain medical conditions.

I am aware of the physical risks involved with strenuous exercise and understand it is my personal responsibility to consult with my Doctor regarding my participation. I affirm that I alone am responsible to decide whether to practice yoga. I have no medical condition which would prevent me from taking part in yoga classes or workshops, and I assume responsibility for any risk or injury I may sustain as a result of my participation.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Katherine Humphrys, her agents, officers, directors, instructors, sponsors, and other participants, and the owners, lessor, and lessees of the premises as a result of my participation in any classes, events or activities. I hereby agree and covenant not to make a claim against, sue or attach the property of the Katherine Humphrys or the Lotus Yoga Centre or any of its affiliated organizations or above mentioned parties.

Video & Audio Taping Release

I hereby consent to the photographing of myself and the recording of my voice and the use of these photographs and/or recordings singularly or in conjunction with other photographs and/or recordings for advertising, publicity, commercial or other business purposes. I understand that the term "photograph" as used herein encompasses both still photographs and motion picture footage.

I further consent to the reproduction and/or authorization by **Katherine Humphrys (Aruna Santokh Kaur) and Janet Williams** to reproduce and use said photographs and recordings of my voice, for use in all domestic and foreign markets. Further, I understand that others, with or without the consent of Katherine Humphrys may use and/or reproduce such photographs and recordings.

I hereby release **Katherine Humphrys and Janet Williams** and any associated or affiliated companies, their directors, officers, agents, employees and customers, and appointed advertising agencies, their directors, officers, agents and employees from all claims of every kind on account of such use.

Copyright Notice and Conditions of Use

I acknowledge the workbook and printed materials presented in the training are for my personal use and for use in classes that I give. The workbook and printed materials cannot be used by me for training other teachers or be published in print or electronically without the prior consent and acknowledgement of Katherine Humphrys or Janet Williams.

I have read the above release and waiver of liability and copyright notice and conditions of use and understand its contents. I agree to the terms and conditions stated above.

[Name of Adult/Child]

[Signature
Signature of Parent/Guardian for Children under 18 years]

[Date]

[Print Name of Parent/Guardian if required]

Contact – Phone

Contact – e-mail