

New Class at Yogawerks

Buddha Babies

with Seneca Bryan: Wed & Fri 9:30 am
(located at St Pauls, 401 E. Main Street)

Dear Parents,

I'm pleased to be bringing you the new Buddha Baby class. I've been working with children for over ten years, and am now drawing on my experiences with my 20-month old daughter to bring you the finest in children's yoga. My life has been devoted to creative movement, both in my practice as a ballet dancer, and as an instructor for dance, gymnastics, yoga and music at schools around the country.

In this course, I plan to combine simple yoga poses with stretching, breathing, and freeform movement to unlock your child's creativity and physical potential.

Thank you for this opportunity.
I am looking forward to working
with each and every one of you!

Sincerely,
Seneca Bryan



About Seneca

Seneca's teachings include pre-school yoga instruction, dance instructor and choreography for a children's dance program, as well as instructor for day care programs. Seneca has taught at Warner Brothers in California for a variety of different classes, including acting, dance, comedy, improv and musical theatre for all age groups. She attended college in Illinois and California where she graduated with honors, is a graduate of Second City where she was trained in acting, comedy, directing and education, and attended Svalander School of Ballet for 15 years.

Yogawerks

Barrington • 232 E. Main Street, (2nd flr) 60010
847-713-2423 www.yogawerks.com

SCHEDULE, REGISTRATION AND FEES

For 2-3 year-olds - this class is a 45-minute yoga session for baby, followed by 45 minute structured playtime including story telling, music, games and dancing. A great opportunity for mom to do a yoga class next door. Buddha Babies is an 8-Week session with pre sign-up required. Parents attending the yoga classes next door will be asked to chapperone in a rotation with the other moms, and bring a healthy snack. A sign-up sheet will be used to determine your participation. Moms will receive 8 class cards to be used at their discession. ***Location for this class is just 2 blocks East of our Yogawerksmain facility: at St.Paul United Church of Christ, 401 E Main Street, Barrington. (starts Feb 14th)

Yoga for Baby: Wednesdays and Fridays: 9:30-10:15am, yoga for baby, 10:15-11am, structured playtime, Seneca, Teacher

Yoga for Mom: Wednesdays and Fridays: 9:30-11 am, Level 1-2, Kathy, Teacher (this class located at our main studio, 232 E Main Street)

FEES for Buddha Babies:

Pre-sign up 8-class package: for baby only \$145

Pre-sign up 8-class package: for baby and mom \$200

Signature of waiver required prior to first class session.

Please complete this form, printing clearly.

- Mail or bring to Yogawerks: 232 E Main Street, Barrington, IL 60010

Name Name and Age of Child (children)

Phone (cell or work) Phone (home)

Email Address

Address (include City State and Zip)

Payment Options: (check one) see pricing above

Check (enclosed) Cash

Total Fees \$_____

Credit Card: (circle one) Visa / Mastercard

Card Number Exp Date

Signature