

# Yoga with Ms. Homa



A CERTIFIED CHILDREN'S YOGA INSTRUCTOR

A teacher for over 10 years...  
A practicing Yogi since age 10...

## ABOUT MS. HOMA

After more than 10 memorable years at Kittredge School, teaching a variety of levels from Kindergarten through 6th grades, Ms. Homa decided to take a few years off to stay home and become more involved in her own two sons' growing desire to learn. Having successfully used elements of yoga in her daily teachings as a teacher, recognizing its benefits, and remembering her own first yoga lesson at age 10, she wanted to share her love of yoga with more children. After completing the IYKT-It's Yoga Kids Training, in the fall of 2006, she engaged students in grades K-6 in a one-hour after school yoga class in January of 2007. With the overwhelming enthusiasm it received, Ms. Homa was happy to return and continue offering her fun and engaging yoga classes after school. She has also shared her love for yoga with children ages 2.5 through 5 years since summer of 2007. Having received her certification to teach children yoga from It's Yoga Kids studio in the Presidio, she is enthusiastic about teaching more classes at local yoga studios and other elementary levels and preschools. Her over ten years of experience in working with students, ranging from grades Kindergarten to 6th grade in a self contained classroom, has enriched her knowledge to tap into the students' physical as well as intellectual interests to make each yoga class appropriately challenging and fun for all participants.

## WHERE/WHEN/WHAT

There will be five sessions offered this school year. Each session will have a total of six classes held right here at Kittredge School, in the 8th grade classroom on the third floor. Students will need to wear comfortable clothing and all girls should have either shorts under their dress or wear comfortable pants for movement.

### SESSION DATES

Please see the enrollment form on back

### SESSION TIMES

Please see the enrollment form on back

### FIRST TIME

#### PARTICIPANTS WILL RECEIVE

A bright yellow canvas bag especially designed for "Yoga with Ms. Homa" students bearing our iconic fun logo.

### RATES

Please see the enrollment form on back.

You may wish to sign up for one or more sessions at a time or drop-in to try out the class. There is a \$20 discount for sessions when signing up for a sibling.

# FINAL FALL YOGA WITH MS. HOMA AT KITTREDGE

THIS WILL BE THE LAST SESSION OF YOGA OFFERED AT KITTREDGE

## SIGN UP FORM DUE TO TRUDY BY THUR, SEPT 9, 2010

PLEASE NOTE: IN THE INTEREST OF KEEPING THE CLASS SIZE SMALL THE SIGN UP WILL BE LIMITED AND ON A FIRST COME BASIS.

### ENROLLMENT FORM FOR YOGA WITH MS. HOMA:

Please fill-out form completely. Include a check for total amount payable to Homa Hanjani and return to Trudy. Thank you and I look forward to seeing you this year.

Name of child: \_\_\_\_\_

Grade: \_\_\_\_\_ Age: \_\_\_\_\_

### SCHEDULE

Mondays 3:30-4:30 k-5 grades   
Mondays 4:30-5:30 k-5 grades

FINAL FALL SESSION: this will be the last session of yoga offered at Kittredge

### RATES

Last Session September 13 – October 18  
5 classes \$100.00

(No class on October 11th, Fall Holiday)  
For your 2nd child deduct \$20.00 for each session and please use a separate form.



### SPECIAL RATES

Good Karma Discount \$ \_\_\_\_\_   
Pay what you can

Drop-in (contact me for availability) \$20  (cash please)

### CONTACT BACKGROUND INFO

First time doing yoga: yes  no

Injuries/food allergies: yes  no

Specify: \_\_\_\_\_

Parent I (Mr. or Ms.) name: \_\_\_\_\_

Tel: \_\_\_\_\_

e-mail: \_\_\_\_\_

Parent II (Mr. or Ms.) name: \_\_\_\_\_

Tel: \_\_\_\_\_

e-mail: \_\_\_\_\_