

KG to  
5th  
Grade

# Yoga & Mindfulness



In  
French!

Tuesdays 3:30-4:30



**An hour of yoga, mindful activities and fun games  
to help children relax after their school day!**

**Who is this class for?** Boys & Girls from KG to 5th Grade

**What activities do we do?** Yoga poses, flows, stories and games, as well as relaxation with music, mindful breathing, random acts of kindness, short mindful crafts, mandalas, journaling, and much more!

**\$300**  
1 trimester  
-  
Starts  
Sept. 14th

Class taught by **Celine Lingelser**,  
certified Yoga, Kids Yoga & Mindfulness Teacher

Contact:  
[celine.lingelser@lfsd.org](mailto:celine.lingelser@lfsd.org)



# After School Activities Registration Form 2021-2022

September 13th-December 10th (No class during breaks and Thanksgiving)

Student name:

DOB:

Grade:

Parent(s) / Guardian(s) name :

Phone :

Email :

Chess	Tues (1st & up)	\$300		Singing lessons / Choir	Fri (2nd & 5th)	\$300	
*Dance Class / Modern (Alexandra)	Wed( KG to 3rd)	\$300		*Theater	Mon (KG & up)	\$300	
Gymnastics	Mon( 1st & up)	\$300		**Mini Chefs	Mon ( PS/MS)	\$300	
*Board games	Fri (KG to 3rd)	\$300			Wed (PS/MS)	\$300	
*Masterchef	Thurs (KG to 5th)	\$300		**Collective Sport games	Thurs (PS/MS)	\$300	
**Early Yoga/ Mindfulness	Fri ( PS/MS)	\$300		*Yoga/ Mindfulness	Tues ( KG to 5th)	\$300	
*Music /Movement	Mon ( KG to 3rd)	\$300		*Body practice / well being	Wed(KG to 3rd)	\$300	
				Modern Jazz / Contemporary (Tiffany)	Thurs (1st & up)	\$300	
<b>TOTAL (I)</b>		\$		<b>TOTAL( II)</b>		\$	

<b>TOTAL ( I+II )</b>	\$
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\*KG \*\*PS/MS

- Limited places. No refund after the registration. Classes will be open with a minimum of 6 students.
- **Forms must be returned with the complete payment. Check payable: Le Lycee francais de san Diego**
- Paid Check # \_\_\_\_\_
- Credit Card only (**3.5% Credit card convenience fee**) **No debit card – (VISA or Mastercard ONLY) we don't keep credit card info on file for security reasons. There is a 3.5% surcharge, on top of the Grand total, issued by the credit card processor. Payment needs to be made in person with a card on hand. (not to be added to other tuition payment plan)**
- **If PAID Copy invoice to parent?**  Yes  No

**Parent Name :**

**Date:**

**Signature:**

Lycée Français de San Diego

[www.petite-ecole.com](http://www.petite-ecole.com)