

KG to  
5th  
Grade

# Yoga & Mindfulness



In  
French!

Thursdays 3:45-4:45



## An hour of yoga, mindful activities and fun games

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

**Why should your kid take this class?** In this class, kids develop their body awareness, strength, balance & focus while playing fun games and learning yoga poses. They also discover mindfulness tools that help them cope with stress and grow with a positive mindset.

**\$300**  
1 trimester  
-  
Jan. 9th  
to Apr. 7th

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

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



## 2023 Winter ASA Registration Form

**January 9th - April 7th, 2023** (No classes during breaks and holidays and minimum day)

Student name:

DOB:

Grade:

Parent(s) / Guardian(s) name :

Phone :

Email :

***Music & Movement Preschool	Mon (TPS / PS/MS)	\$300		*Les petits Yogi (Yoga)	Thurs ( KG to 5th)	\$300	
**Mini Chefs Preschool	Thurs (PS/MS)	\$300		*Ballet ( KG & up)	Wed (KG & up)	\$300	
*Basketball	Fri ( KG & up)	\$300		*Chess Club (one class/week) Please select your day	Mon / Tues / Thur	\$300	
*Masterchef	Tues (KG to 5th)	\$300			Sibling one class / week Mon / Tues / Thur	\$500	
Coding	Fri (2nd & up)	\$300		Chess Club (2 classes/week)	Mon / Tues / Thur	\$500	
**Mini gym & parcours	Fri (PS/MS)	\$300		Spanish club	Monday (1st & up)	\$300	
Track & Field	Fri (2nd & up)	\$300		** Soccer (Preschool)	Thurs (PS/ MS)	\$300	
German ( Beginner)	Thurs (1st & up)	\$300		German ( Advance)	Wed (1st & up)	\$300	

**\*KG \*\*PS/MS**

<b>TOTAL</b>	\$
--------------	----

- Paid check # If paid copy invoice to parent? Yes No
- Credit card - **(VISA-Mastercard- Discover-Amex ONLY) – NO DEBIT CARD** - 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 in hand.**
- **Forms must be returned with the complete payment. Check payable: Le Lycee francais de San Diego**

Parent / Guardian name:

Signature:

Date:

Lycée Français de San Diego

EPD Init \_\_\_/\_\_\_

<https://lfsd.org>

Admin :

Inv #:

Date :