

Student Registration

Student: _____

Grade: _____ Teacher: _____

Address: _____

City: _____ Zip Code: _____

Parent Name(s): _____

Home Phone: _____

Work Phone: _____

Cell: _____

E-mail: _____

Health concerns and/or allergies (food or other)? Yes No
(specify) _____

Parent Helper (Receive a 50% discount. **Based on first response.**)
Yes No (check one)

My child may be included in photos or video for promotional purposes. Yes No (check one)

Who will pick up your child after class?

Phone: _____

I hereby give permission for my child to participate in the above class. While all reasonable precautions will be taken to assure my child's safety and to prevent any injuries from occurring, I will not hold the instructor or the PTA and its officers and members liable for any accident, which may occur. My child and I understand that if, after one warning, any student is: a) unable to maintain appropriate behavior in class; or, b) not picked up promptly after class that student will not be allowed to attend the remaining sessions scheduled for that class. I understand that parents will be notified at the time of the warning and before a child is removed from class. Refunds will not be issued for any student so removed. In addition, I grant permission for the instructor and/or PTA officials to obtain emergency medical care (by calling 911) for my child if it appears necessary. We do not offer refunds for tuition paid once a session has begun, but will provide a credit towards future Experiencing Yoga programs when warranted.

Parent Signature: _____

The Mandala Principle

“Mandala” is a Sanskrit word that means ‘circle’. It represents the universe and how everything is interconnected. The mandala principle reminds us to be mindful of ourselves and the world around us.

In addition to postures and meditation, we will create a variety of individual and group mandalas each week and spend time outside observing nature's mandalas.

True yoga exists at the intersection of the mind, heart, and body. A still mind. A heart of compassion. A healthy body.

Location:	Multi-Purpose Room
Grades:	K - 5th
Schedule:	Tuesdays April 4, 18 & 25; May 2, 9 & 16 (Six Weeks)
Time:	3:30pm - 4:45pm
Cost:	\$110 per child for a seven-week session \$195 for two siblings
Register by:	March 27, 2016
Materials:	Please bring your own mat! Comfortable, loose clothing is highly recommended.
Questions:	410-227-4103 or info@melongling.org
There are three ways to register for class:	
Online: www.melongling.org/register-ey-nes	
Phone: Call Valencia Wood at 410-227-4103	
Check: Make check payable to: “IO Workshop - Melong Ling”	

Camp IO

Hands-On Science and Yoga Summer Program

June 26, 2017 - September 1, 2017

www.ioworkshop.org

410.736.2331



IO Workshop
Melong Ling



YOGA ART SCIENCE