

## Bel Air Middle School Yoga Club

There are many benefits of yoga including building strength, flexibility, balance, and coordination, as well as increasing focus. The BAMS yoga club is for any students interested in practicing yoga and mindfulness or those who want to learn more.

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

Homeroom Teacher \_\_\_\_\_

**Please indicate below any medical conditions which may impact or limit participation in Yoga Club.**

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### Emergency Contact Information

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

**I hereby give permission for my child to participate in the Bel Air Middle School Yoga Club. I understand that any physical activity carries the risk of injury. I agree to pick up my child at Bel Air Middle School at 4 P.M.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date