



Universal Peace Foundation of North America

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Recommendations for the kids yoga class

1. Dress : Wear Loose Fitting clothes, preferably white.
 - No Shorts, Sleeveless, Capris, tights
 - Try to avoid Zippers and big buttons in the Shirts & Pants.
2. For Girls : Try to comb your hair & put knots in the hair (Avoid big hairpins, clips & big Bangles)
3. Food : Don't eat heavy food before you come to the class, but eating light foods like a glass of milk or snacks won't disturb you in the class.
4. Suggested Donation: Monthly- \$30
 - Please make checks payable to UPFNA only.
 - Suggested donations may be paid by the first week of the month for the current month to keep track of accounts on our side.
 - Please put the check/cash in a paper cover (Please write kids name & month).
 - No refunds/ No makeup classes please.

(Note: If the instructor has space in another class in the same month, you may get the make up class, but no guarantees.)
5. Please arrive 3 to 5 min earlier to the class.
6. If you are planning to take some days/weeks off, please inform the instructor well ahead of time itself. This would facilitate the instructor with planning for other kids classes.

Santhosham