



Mindful Movements Studio

Yoga · Fitness · Lifestyle

YOGA Birthday Party?

Ages: 3+ to Adults **What We Offer:** 1 hour Children's Yoga & 1 hour of Party Time

Available Times: Saturdays: 11:30am or 1pm • Sundays: 11:30am or 1pm



Party Room

You may bring in food and/or drink. (NO NUTS Please)

You may decorate the Party Table but not the walls for any reason.

You have access to the party room 30 min. prior to the end of your yoga class.

Set up and cleanup of the party room is to be done by parents – this clean up needs to be on time as there may be another birthday in the party room following your party. You are required to take all garbage, food and party supplies with you, on your departure.

Cost: \$150 for up to 15 children/adults (includes Birthday Child)

Up to 25 children/adults additional \$5 per child/adult

- A 50% deposit at time of booking (non-refundable) will secure your event date & time.
- Balance owing must be paid a minimum of 7 days prior to date of party.
- **Each child MUST** have a signed **Release Statement and Waiver of Liability**. This will be emailed to the adult booking the party. It is his/her responsibility to get **ALL** children's parents/guardians forms electronically authorized/signed or bring the signed documents the day of the party. No child will be permitted to participate in the Yoga class without the required Release Statement and Waiver of Liability.

Other Important Details:

Children/adults should wear clothes that allow for movement and stretching and bare feet are a must. Jeans, skirts or dresses are not recommended.

Parents are allowed in the yoga room during the birthday party BUT must be a registered participant in the Birthday Party.

Snacks and drinks (except water) are not allowed in the Yoga Room.

There will be a group photo opportunity provided at the end of the yoga portion of the party - one parent may access the yoga studio at this time to snap a photo, parents will not be allowed in the yoga room any other time to take photos or videos.

To register for a Yoga Birthday Party email kym@mindfulmovements.ca to book time & date.