

**THE GLADYS H. OBERLE SCHOOL**  
**Permission To Practice Yoga**  
**2021-2022**

Yoga Foundation of Fredericksburg is partnering with our school again this year to offer yoga classes to interested students. Classes will be offered once a week by a certified yoga instructor who will present proper alignment and breathing techniques for maximum benefits.

For more information about Yoga Foundation of Fredericksburg please visit their website at [www.yogafredericksburgva.com](http://www.yogafredericksburgva.com) .

Yoga is a wonderful tool that promotes physical, emotional, and spiritual health. The benefits of a regular yoga practice can include, but are not limited to, increased flexibility and strength, reduced anxiety and depression, lowered blood pressure and cholesterol levels, improved circulation and memory, and improved immune function.

I give my son/daughter, \_\_\_\_\_, permission to practice yoga with a certified yoga practitioner from YFF.

Parent/Guardian Signature

Date