

YOGAMAMA at Moorpark College CDC

“Yoga helps children to turn their vision inward to discover their potential power, strength, and beauty. It helps them to find the path that leads to kindness, love, empathy, and service. Their imaginations find yoga not just easy to understand but almost obvious. It feels good to be a tree, to do a sun dance, to float like a boat on an imaginary ocean. Yoga teaches children to find the beauty within them, to love who they are, and to live in the present moment.”

-Afi Kobari,
Early Childhood Teacher
Certified Yoga Instructor

Small groups will meet with Afi once or twice a week depending on your child’s attendance days. There is no additional fee for this enrichment class. It is included in the tuition. Groups will last approximately 20 minutes. As a fully qualified early childhood teacher and yoga instructor, Afi has all required clearances and background checks.

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Permission Slip

My child _____ has my
Permission to attend weekly yogamama children’s yoga groups at the
Moorpark CDC

I certify that my child has no physical problem which would prevent his/her participation and is able to participate in the children’s yoga group.

Parent Signature

Date