



CHILLIWACK RESTORATIVE JUSTICE
AND YOUTH ADVOCACY ASSOCIATION



BE CHILL A YOUTH PROGRAM

Chilliwack Restorative Justice and Youth Advocacy Association (CRJYAA) has partnered with Studio b. Yoga & More Inc. to offer this **FREE** youth program for both **male and female youth** aged **13-15**. In this program we will focus on our combined values; Balance, Community, Honesty, Integrity, Lifestyle and Learning.

Be Chill is a **FREE** youth program that incorporates the foundations and values of yoga and restorative justice with everyday life skills. Full of educational workshops and fun activities that are designed to engage, empower, and connect Chilliwack youth with each other and within their community.

We have partnered with various local businesses throughout Chilliwack to offer a variety of knowledge and experiences for the youth in this program.

This session will be 8 weeks in length and run the following **Monday's from 3:30pm to 5:00pm:**

****We ask that you please try and commit to the program in its entirety
as it is a FREE program with limited spots available****

- **September 25**
- **October 2, 16, 23, 30**
- **November 6, 20, 27**

To Apply: Fill out all attached forms; application and waivers and submit one of three ways:

- CRJYAA Office: 45877 Wellington Ave. Chilliwack (Downtown)
- Studio b. Yoga & More: #8-45540 Market Way, Chilliwack (Garrison Crossing)
- Via email to: kaley@restoringjustice.ca

**** Application Deadline: September 20th and applicants will be contacted when accepted****



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Application Form – Please Print Clearly

Last Name: _____ First Name: _____

Gender: _____ Date of Birth: _____ Age: _____

School: _____

Address: _____ City: _____

Allergies/Medical Conditions: _____

Emergency Contact: _____ Phone#: _____

Parent/Legal Guardian: _____

Phone#: _____ Alt. Phone #: _____

Email: _____

Parent/Guardian Signature: _____

Date: _____

Why do you want to be a part of this program?

What are some of your strengths?

What are your hobbies and career interests?



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STUDIO B YOGA & MORE NEW CLIENT AND WAIVER YOUTH FORM

***Please note, all of the information on this form is kept confidential.*

REGISTRANT DETAILS:

Name: _____ Birth Date: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Email: _____ Phone: _____

EMERGENCY CONTACT & NUMBER: _____

Have you practiced yoga before? YES/NO (Please circle)

If YES, for how long?

Limitations/Injuries:

How did you hear about Studio B?

WAIVER

I hereby waive any and all claims I may have against Studio B Yoga and More Inc. and its instructors, and release them from all liability and agree not to sue for any personal injury, death or damage to the person or property or loss sustained as a result of my participation in any classes or activities and or arising out of or in connection with the use of any services and facilities of/or provided by Studio B Yoga and More Inc.

If you have any concerns whether yoga or physical activity is suitable for you or if you have an injury or condition, please consult your physician before beginning your yoga practice or physical activity. I accept that neither the instructor, nor the hosting facility is liable for any injury, or damages, to person or property, resulting from the taking of the class.

Participants under 18 years of age must have this form signed by a parent or guardian.

Date _____ Client Signature _____ Print Name _____

Date _____ Guardian Signature _____ Print Name _____