

# Bring-a-Friend and Stress Less With Girl Scout Yoga!

Join us for an evening of learning fun stress-busting techniques and yoga led by Jennifer Stow of Flow Yoga! Scouts, bring a friend while you introduce her to fun ways to earn badges—we'll be working on Healthy Habits for Brownies and Stress Less for Juniors. Moms, join us while you stretch those winter limbs and learn more about what Girl Scouts has to offer your daughters!



Date: Friday, January 23, 2009

Time: 6:15-8p

Place: Evergreen Mill Elementary School cafeteria :

491 Evergreen Mill Rd SE, Leesburg

Bring: Water, towel & a friend

Wear: Loose clothing such as a t-shirt and leggings or shorts

Cost: \$10/girl —checks made out to GSCNC— **Moms are only \$5!**

Ages: Daisies-Juniors

To register: Fill out form below and send to:  
Leesburg Girl Scout Office, attn: Stacey Graham  
801 Sycolin Rd SE, Ste 202, Leesburg, Virginia 20175

For more information, contact Stacey Graham at 703.777.5644 or [sgraham@gscnc.org](mailto:sgraham@gscnc.org)

Please print

Girl's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Guardianship: \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_

Parent's work phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency contact:

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

I understand that my daughter will become a registered member of Girl Scouts of the USA through participation in this program.

\_\_\_\_\_  
Parent/Guardian signature

Date: \_\_\_\_\_

If you are currently a Girl Scout, please add troop number: \_\_\_\_\_