

Morning Yoga

Instructor: Loring Nagle



Gentle Yoga

Tuesdays, September 9 – November 18, 2014; 10:45 AM – 11:45 AM

No Program 11/4

This class is ideal for those seeking a gentle approach to yoga, including those with some limitations of flexibility. Relax, breathe and restore.

Intro/Beginner Yoga

Thursdays, September 11 – December 4, 2014; 10:45 AM – 11:45 AM

No Program 9/25, 11/6, 11/27

This class will introduce beginners to basic poses, breathing techniques and the philosophy of yoga. Those returning to yoga after some time will also enjoy this refresher course.

Mixed Level Yoga

Mixed Level (A) Tuesdays, September 9 – November 18, 2014; 9:30 AM – 10:30 AM

No Program 11/4

Mixed Level (B) Thursdays, September 11 – December 4, 2014; 9:30AM – 10:30 AM

No Program 9/25, 11/6, 11/27

Mixed Level (C) Fridays, September 12 – November 21, 2014; 10:45 AM – 11:45 AM

No Program 11/7

These classes offer instruction in basic and intermediate yoga poses, breathing techniques and yoga philosophy. Students registering for Mixed Level should have no serious limitations.

Level III Yoga

Fridays, September 12 – November 21, 2014; 9:30 AM – 10:30 AM

No Program 11/7

Come explore this advanced class, open to students with considerable yoga experience. Headstands, handstands, shoulder stands, back bends and other inversions are practiced.

Community Center Recreation Room, 289 S. Maple Ave.

Please bring a yoga mat (and a yoga blanket, if you wish).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Proof of residency required for resident rate.

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested before the session's start date.

There will be no refunds given after the session begins.

You must be registered with the Recreation Department prior to attending an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity.

Online Registration: Visit www.bernards.org. Call 908-204-3003 to request your User Name and Password.

In-Person or Mail-In Registration: Complete the form below and return with check made payable to "Bernards Township" to Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920.

Recreation program schedule subject to change.

Bernards Township Department of Parks & Recreation

908-204-3003



www.bernards.org



**Morning Yoga
Fall Sessions, 2014**

\$50 per resident, \$75 per non-resident of Bernards Township

Name: _____ Home Phone #: (_____) _____

Address: _____ Email: _____

I would like to register for (circle):

Tues-Gentle

Thurs-Intro/Beg

Fri-Level III

Tues-Mixed A

Thurs-Mixed B

Fri-Mixed C

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

IMPORTANT!

In person and online registration for this program will begin **August 25th, at 8:30AM**. No registrations will be accepted before this date! Registrations dropped off before 8:30AM will be processed at the end of the day.

As the participant in this program, I agree that this is a voluntary choice. I acknowledge that there are certain risks inherent in participation in this activity, and I agree to accept all of the consequences and assume the risks involved in participation. I give permission to the Township to provide emergency care as necessary for my well being until such time as a designated emergency contact may be reached. I understand and acknowledge that Bernards Township is not responsible for any loss, damages or injury to any person or property for any reason associated with my participation in this activity. In light of the above, I hereby agree to indemnify and hold harmless and release Bernards Township from any and all liability for any and all injuries I may sustain as a result of participation in this activity. This includes, but is not limited to, responsibility for the payment of any and all doctor, medical or hospital bills resulting from any and all injuries to me. I grant Bernards Township the right to use any and all photographs of myself participating in a Department sponsored activity for future media promotion. I confirm that I have read and understand the Recreation Department's registration policies and procedures.

For office use only:

Cash _____

Ck. # _____

Received: _____