



# Evening Yoga



## Spring Session I

Tuesdays, March 29 – June 7, 2011  
6:30 PM – 7:30 PM

No program 4/12

## Spring Session II

Thursdays, March 31 – June 9, 2011  
6:30 PM – 7:30 PM

No program 4/14

*Both classes are appropriate for beginners and continuing students.*

**Community Center Recreation Room, 289 S. Maple Ave.**

The word Yoga means “union”, and the practice of this ancient system brings the body mind and heart into a more balanced union. Along the way you’ll discover many health benefits, including lower blood pressure, better sleep, hormonal balance, fewer headaches, better digestion, stronger muscles and bones and increased energy and focus.

Please bring a yoga mat (and a yoga blanket if you have one). **Instructor: Florie Siemon**

**\$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 the program.

To register, complete the form below and mail with check made payable to “Bernards Township” to: Bernards Township Recreation “Evening Yoga”

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*



Evening Yoga  
Spring Session 2011  
\$50 per resident, \$75 per non-resident

**IMPORTANT!**  
Registration for Spring Session Fitness Classes and Open Gyms begins **March 14, 2011 at 8:30AM**. No registrations will be accepted before this time! Registrations dropped off before 8:30AM will be processed at the end of the day.

Name: \_\_\_\_\_ Home Phone #: (\_\_\_\_) \_\_\_\_\_

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

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

I would like to register for (circle one):

**Tues-Session I**  
\$50-res, \$75-non

**Thurs-Session II**  
\$50-res, \$75-non

**Both**  
\$100-res, \$150-non

I certify that I am physically able to participate in this activity and agree that Bernards Township and the Bernards Township Recreation Department shall not be held liable in the event of accident or injury resulting from participation in this activity. I grant the Bernards Township Recreation Department the right to use any and all photographs of myself participating in a Recreation Department sponsored activity for future media promotion. I certify that I have read and understand the Recreation Department’s registration, non-resident and refund policies.

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

**For office use only:** Cash \_\_\_\_\_ Ck. # \_\_\_\_\_ Received: \_\_\_\_\_