

**New Sessions
& Times!**

Morning Yoga

Instructor: Loring Nagle



Gentle Yoga

Gentle (A) Tuesdays, March 29 – June 7, 2011; 10:45 AM – 11:45 AM No Program 4/12

Gentle (B) Thursdays, March 31 – June 9, 2011; 10:45 AM – 11:45 AM No Program 4/14

This class is ideal for those seeking a gentle approach to yoga, and those with limited flexibility or chronic ailments, including arthritis, back pain, fibromyalgia, lupus, etc. Attention to individual needs is stressed in this class.

Mixed Level Yoga

Mixed Level (A) Tuesdays, March 29 – June 7, 2011; 9:30 AM – 10:30 AM No Program 4/12

Mixed Level (B) Thursdays, March 31 – June 9, 2011; 9:30AM – 10:30 AM No Program 4/14

Mixed Level (C) Fridays, April 1 – June 17, 2011; 10:45 AM – 11:45 AM No Program 4/15, 4/22

These classes offer instruction in basic and intermediate yoga poses, breathing techniques and yoga philosophy. Beginners and intermediate students are welcome. Students registering for either of these classes should have no serious limitations.

Level III Yoga

Fridays, April 1 – June 17, 2011; 9:30 AM – 10:30 AM No Program 4/15, 4/22

This advanced class is open to students who have considerable yoga experience; headstands, handstands, shoulderstands and backbends are included.

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).

\$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 "Morning 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



**Morning Yoga
Spring Sessions, 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: _____ E-mail: _____

I would like to register for (circle):

Tues-Gentle A	Thurs-Gentle B	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

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: _____