Ardsley Parks and Recreation

Presents

Adult Yoga

Healing practice for Mind and Body:

Yoga has proven benefits to promote good health and relaxation. People who suffer with back pain, anxiety, depression or insomnia can greatly benefit from yoga. Yoga also helps reduce risk factors for cardiovascular disease and hypertension. The poses are simple and easy to follow. Come stretch, relax and calm your mind.

PLEASE, IF YOU HAVE YOUR OWN MAT, BRING IT!!!!

MAKE CHECKS PAYABLE TO: The Village of Ardsley

Limit: 20 per class
When: (Thursdays) Sept. 22, Oct 6, 13, 20, 27, Nov. 3 (NO CLASS Sept. 29th)
Where: Community Center
Time: 5:45 pm – 6:45 pm
Fee: "Village of Ardsley" residents - $65.00
"Non-Village" residents - $85.00

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Name: _____ E-mail: _____

Address: _____

Phone No.: _____ Mobile No. _____

As a participant in the above program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risks of any injuries, damages or loss which I or my child may sustain as a result of such participation. I further state that I have explained the risk of participating in this program to my child and he/she is still willing to participate. I further understand the Village of Ardsley does not provide accidental medical coverage and it is my responsibility to provide appropriate coverage. I agree to waive and relinquish all claims and hold harmless the Village of Ardsley, the Parks and Recreation Department, its officers, agents and employees from any and all claims, including claims that arise due to negligence of the Village of Ardsley, the Parks and Recreation Department, its officers, agents, employees and volunteers.

Please return form to:

Ardsley Parks & Recreation, 507 Ashford Ave, Ardsley, N.Y. 10502
Any questions? Call Ardsley Recreation @ 693-8012

Signature: _____