

# Sponsored by Town of Southeast

Funded by NYOF&FS and PCYB

Dates: April 23, 30 / May 7, 14, 21, 28

Location: HH Wells

Time: 2:45 pm to 3:45pm

Fee: \$75



## Yoga For Middle Schoolers

Mats and props/supplies are provided by instructor

Middle school can be very stressful both academically and socially. Students will learn breathing techniques and basic yoga techniques to help reduce stress and learn the importance of taking time to stop and breathe with and emphasis on the importance of mindfulness toward ourselves and others.

Instructor Jennifer is a certified 200 hour Hatha Yoga Teacher. She trained at YogaHaven in Scarsdale. She also trained in Kids Yoga at YogaHaven in Tuckahoe. She is currently teaching classes for adults and children. Please visit us on Facebook at Milliyoga. We look forward to seeing you!

### ACTIVITIES REGISTRATION FORM

PROGRAM: \_\_\_\_\_

NAME: \_\_\_\_\_ MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_ GRADE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE: (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_ (CELL) \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

FEE (non-refundable) : CREDIT CARD: \_\_\_\_\_ CHECK: \_\_\_\_\_ CASH: \_\_\_\_\_

CREDIT CARD INFO (No Amex): Number" \_\_\_\_\_

All programs are subject to a 2% processing fee for all credit card payments.

Expiration date: \_\_\_\_\_ Security Code: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

How did you hear about this program?: Brochure \_\_\_\_\_ Bear Backpack \_\_\_\_\_ Facebook \_\_\_\_\_ Other \_\_\_\_\_

\_\_\_\_\_ has my permission to participate in the Southeast Recreation program. I assume all risks and hazards incidental to such participation including transportation to and from activities. I do hereby waive, release, absolve, indemnify and agree to hold harmless the sponsors and coaches for any claim arising out of an injury to my child. I also understand that it is my responsibility to notify the instructor of any MEDICAL/PHYSICAL condition that could limit my child's participation or that requires special attention.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Mail or drop off at: Town of Southeast Recreation Department

1 Main Street / Brewster, NY 10509 / phone: (845)279-3915 / Fax: (845) 279-3137

E-Mail: recreation@southeast-ny.gov Website: www.southeast-ny.gov



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