

# Sponsored by Town of Southeast

Funded by NYOF&FS and PCYB

Dates: Jan 6, 13, 27 / Feb 3, 10, 24 / March 2, 9, 16

Location: CV Starr Library

Time: 3:30 pm to 4:30

Fee: \$95



# Yoga And Journaling

Mats and props/supplies are provided by instructor

This class involves an exploration of yoga in a safe and encouraging environment. Students will engage in yoga poses (asana), breathing (pranayama) and relaxation techniques that can help build a great awareness of self, focusing on our own inner beauty while also exploring creativity, balance, strength and flexibility. We will use journaling to examine our goals, feelings and thoughts resulting in more positive self awareness and self-esteem. We will also be practicing 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 Milli-yoga. 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



The Brewster Central School District neither sponsors nor endorses this event or organization. This information is distributed in line with the District's policy to provide information regarding activities of general public interest which promote the education or other best interests of the students. Questions regarding this event or activity should be directed to the organization, not the District.