

RIDGEFIELD RECREATION & PARKS DEPARTMENT
VETERANS MEMORIAL PARK
604 BROAD AVENUE
RIDGEFIELD, NJ 07657
(201) 943-5342 FAX#: (201) 943-8887

2016 FALL "ATTAINABLE YOGA"

A YOGA CLASS FOR INDIVIDUALS WHO WANT TO STICK TO THE BASICS & FUNDAMENTALS OF YOGA, REGARDLESS OF FLEXIBILITY & ABILITY. CLASS WILL FOCUS ON CONNECTION WITH BREATH, POSTURES (ASANAS) & TENSION RELEASE, AS WELL AS, THE IMPORTANCE OF GROUNDING, CENTERING & ALIGNMENT. STUDENT'S NEEDS WILL BE TAKEN INTO CONSIDERATION & ACCOMODATIONS WILL BE PROVIDED.

****Participants must bring a mat, towel or small blanket to this class****

****No class on Nov. 10th & Nov. 24th**

Session I:

_____ Monday-October 17th to November 28th (7:00 p.m. to 8:00 p.m.)

_____ Thursday-October 13th to December 1st (7:00 p.m. to 8:00 p.m.)

Session II:

****No class on Dec. 26th, Dec. 29th, Jan. 2nd & Jan. 16th**

_____ Monday December 5th to February 6th (7:00 p.m. to 8:00 p.m.)

_____ Thursday-December 8th to January 26th (7:00 p.m. to 8:00 p.m.)

ALL CLASSES WILL BE HELD AT THE COMMUNITY CENTER
2016 FALL "ATTAINABLE YOGA" CLASS

NAME _____

ADDRESS _____

DAY PHONE # _____ EVENING PHONE # _____

EMERGENCY # _____

I hereby certify that the above-named individual is in sound physical condition to participate in Ridgefield's Attainable Yoga.

SIGNATURE _____

FEE: \$50.00 - CHECKS PAYABLE TO: BOROUGH OF RIDGEFIELD

Method of Payment:

Cash _____ Check/MO #: _____

Date Received:
