

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

2022 SEASONAL "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 May 30th

Session I:

_____ Monday- April 4th to May 9th (7:00 p.m. to 8:30 p.m.)
_____ Monday- May 16th to June 27th (7:00 p.m. to 8:30 p.m.)

Session II:

_____ Thursday – April 7th to May 12th (7:00 p.m. to 8:30 p.m.)
_____ Thursday – May 19th to June 23rd (7:30 p.m. to 8:30 p.m.)

ALL CLASSES WILL BE HELD AT THE COMMUNITY CENTER
2022 SEASONAL "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: _____