

Morning Yoga



Advanced Yoga

Instructor: Julie Shaw

Tuesdays, September 14 - November 23, 2010; 9:30 AM - 10:30 AM

No Program 11/2

This advanced class is open to students who have considerable yoga experience; headstands, handstands, shoulderstands and backbends are included.

Gentle Yoga

Instructor: Julie Shaw

Tuesdays, September 14 - November 23, 2010; 10:45 AM - 11:45 AM

No Program 11/2

This class is ideal for those seeking a gentle approach to yoga, and those with limited flexibility or chronic ailments, including arthritis, back pain, fibromyalgia, lupus, etc. Attention to individual needs is stressed in this class.

Mixed Level Yoga (A)

Instructor: Julie Shaw

Tuesdays, September 14 - December 3, 2010; 9:30 AM - 10:30 AM

No Program 11/5 & 11/26

Mixed Level Yoga (B)

Instructor: Loring Nagle

Fridays, September 17 - November 13, 2010; 10:45 AM - 11:45 AM

No Program 11/5 & 11/26

This class features instruction in basic and intermediate yoga poses, breathing techniques and yoga philosophy. Beginners and intermediate students are welcome. Students registering for either of these classes should have no serious limitations.



Community Center Recreation Room, 289 S. Maple Ave.

The word Yoga means "union", and the practice of this ancient system brings the body mind and heart into a more balanced union. Along the way you'll discover many health benefits, including lower blood pressure, better sleep, hormonal balance, fewer headaches, better digestion, stronger muscles and bones and increased energy and focus.

Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Proof of residency required for resident rate.

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested before the session's start date.

There will be no refunds given after the session begins.

You must be registered with the Recreation Department prior to attending the program.

To register, complete the form below and mail with check made payable to "Bernards Township" to:

Bernards Township Recreation "Morning Yoga"

1 Collyer Lane

Basking Ridge, NJ 07920

Recreation program schedule subject to change.

Bernards Township Department of Parks & Recreation

908-204-3003

www.bernards.org



Morning Yoga Fall Sessions, 2010

\$50 per resident, \$75 per non-resident of Bernards Township

IMPORTANT!

Registration for Fall Session Fitness Classes and Open Gyms begins **August 16, 2010**.

No registrations will be accepted before this date!

Name: _____ Home Phone #: (_____) _____

Address: _____

Email: _____

I would like to register for (circle):

Advanced

\$50-res, \$75-non

Gentle
Class Full
\$50-res, \$75-non

Mixed Level

Class Full
\$50-res, \$75-non

Mixed Level

Class Full
\$50-res, \$75-non

I certify that I am physically able to participate in this activity and agree that Bernards Township and the Bernards Township Recreation Department shall not be held liable in the event of accident or injury resulting from participation in this activity. I grant the Bernards Township Recreation Department the right to use any and all photographs of myself participating in a Recreation Department sponsored activity for future media promotion. I certify that I have read and understand the Recreation Department's registration, non-resident and refund policies.

Signature: _____ Date: _____

For office use only: Cash _____ Ck. # _____ Received: _____