

# Morning Yoga

Instructor: Loring Nagle



## Gentle Yoga

~~Gentle Tuesdays, January 10 – March 20, 2012; 10:45 AM – 11:45 AM~~

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.

**Full**

No Program 2/21

## Intro/Beginner Yoga

**NEW**

~~Thursdays, January 12 – March 22, 2012; 10:45 AM – 11:45 AM~~

This class will introduce beginners to the basic poses, breathing techniques and philosophy of yoga, also great refresher for those who may be returning to yoga after a long time.

**Full**

No Program 2/23

## Mixed Level Yoga

~~Mixed Level (A) Tuesdays, January 10 – March 20, 2012; 9:30 AM – 10:30 AM~~

~~Mixed Level (B) Thursdays, January 12 – March 22, 2012; 9:30 AM – 10:30 AM~~

Mixed Level (C) Fridays, January 13 – March 23, 2012; 10:45 AM – 11:45 AM

These classes offer 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.

**Full**

No Program 2/21

No Program 2/23

No Program 2/24

## Level III Yoga

Fridays, January 13 – March 23, 2012; 9:30 AM – 10:30 AM

No Program 2/24

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

**Community Center Recreation Room, 289 S. Maple Ave.**

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 an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity.*

*Online Registration: Visit [www.bernards.org](http://www.bernards.org). Call 908-204-3003 to request your User Name and Password.*

*In-Person or Mail-In Registration: Complete the form below and return with check made payable to "Bernards Township" to Parks & Recreation, 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](http://www.bernards.org)



## Morning Yoga

Winter Sessions, 2012

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

Name: \_\_\_\_\_ Home Phone #: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

*I would like to register for (circle):*

**Tues-Gentle**

**Thurs-Intro/Beg**

**Fri-Level III**

**Tues-Mixed A**

**Thurs-Mixed B**

**Fri-Mixed C**

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

\$50-res, \$75-non

### IMPORTANT!

In person and online registration for this program will begin **January 3, 2012 at 8:30AM**. No registrations will be accepted before this date! Registrations dropped off before 8:30AM will be processed at the end of the day.

As the participant in this program, I agree that this is a voluntary choice. I acknowledge that there are certain risks inherent in participation in this activity, and I agree to accept all of the consequences and assume the risks involved in participation. I give permission to the Township to provide emergency care as necessary for my well being until such time as a designated emergency contact may be reached. I understand and acknowledge that Bernards Township is not responsible for any loss, damages or injury to any person or property for any reason associated with my participation in this activity. In light of the above, I hereby agree to indemnify and hold harmless and release Bernards Township from any and all liability for any and all injuries I may sustain as a result of participation in this activity. This includes, but is not limited to, responsibility for the payment of any and all doctor, medical or hospital bills resulting from any and all injuries to me. I grant Bernards Township the right to use any and all photographs of myself participating in a Department sponsored activity for future media promotion. I confirm that I have read and understand the Recreation Department's registration policies and procedures.

**For office use only:**

Cash \_\_\_\_\_

Ck. # \_\_\_\_\_

Received: \_\_\_\_\_