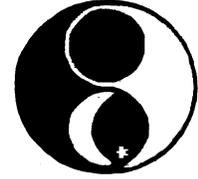




YOGA



ALL LEVELS ~ BEGINNERS WELCOME

Relax and relieve stress while caring for your body with this wonderful series of classes that will include modifications for different levels of ability. Classes will consist of practicing a series of yoga postures, breathing, relaxation and meditation. Please wear comfortable clothing and bring a yoga mat with you to class.

ELIGIBILITY: Open to residents of the Village of Briarcliff Manor who are 18 years of age or older (VBMR). Briarcliff Manor School District residents (BMSD) and Non-residents (NONR) are welcome, an additional fee applies.

Registration begins Monday, December 5th, at the Recreation Dept., 3 Library Rd.

LOCATION: Briarcliff Recreation Center, 48 Macy Road.

INSTRUCTOR: Kim Jones

DAY/TIME: Saturday Mornings: 9:00 – 10:00 am

DATES: January 7, 14, 21, 28 February 4, 11, 18, 25 March 4, 11, 18, 25

FEE: \$150.00 for twelve (12) hour long classes for Village residents (VBMR)
\$160.00 for School District residents (BMSD) & Non-residents (NONR)
Drop-ins welcome: \$15.00 per class

Please make all Checks Payable to: Kim Jones



YOGA: All Levels – Winter 2017
\$150.00 - VBMR ~ \$160.00 - BMSD & NONR
Drop-ins: \$15.00/class
Checks payable to: Kim Jones



NAME: _____ **PHONE:** _____

ADDRESS: _____

E-MAIL: _____ (For Dept. /Receipt Purposes Only)

***Daytime or Work Phone:** _____ ***Optional – Only to be used for an unforeseen cancellation.**

The undersigned hereby recognizes that there are inherent risks involved with participation in this program and agrees to release and hold harmless the Village of Briarcliff Manor & Kim Jones of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation.

Signature

METHOD OF PAYMENT: CASH CHECK # _____

DATE: _____

AMOUNT: _____

RECEIPT#: _____