



MINDFUL MEDITATIVE YOGA

Are you feeling stressed or unable to unwind and take a break? Check out the Parks & Recreation program offering, "Mindful Meditative Yoga Practice" with a certified Yoga instructor!

This gentle, meditative Yoga class will teach you how to recognize and release tension, listen to your body's true messages and quiet down the inner critic. Through the practice of age old Asanas (Yogic body positions), breath awareness, and mind-body connections, you will learn to release tension, experience the practice of true inner peace and gain strength and flexibility.

This class is geared for any level... from "never before" to "years of practice". Participants will provide their own mats if desired. Instructor is willing to work with you to adapt positioning that works well for you.

A six week, 12-class session will run on Tuesday and Friday evenings from 6:30-7:30 PM; December 20th thru January 27th. (**SUBSTITUE 12/22 FOR 12/23 CLASS!**) Cost is just \$99 for the entire session. You may also purchase individual classes for \$10/each. Classes purchased individually must be used within the current session. Payment is by check or money order only. No cash is accepted. Any 'drop-in' classes are paid for prior to start of class. Open to residents and non-residents who are age 16 or older. Visit www.sandown.us and navigate to recreation page and programs for adults. Call Recreation Director Deb Brown at 887-1872 to check space availability.

SCROLL DOWN FOR REGISTRATION FORM

SANDOWN PARKS AND RECREATION
PO BOX 642 25 PHEASANT RUN DRIVE
SANDOWN, NH 03873
603-887-1872
recreation@sandown.us

REGISTRATION: MINDFUL MEDITATIVE YOGA

**DECEMBER 20TH THRU JANUARY 27TH
MUST BE AGE 16 AND OLDER**

- 6 WK Session - \$99 per person (12 classes)
- Class meets on Tuesday/Friday
- Edward Garvey Recreation Facility
- Wear comfortable clothing.
- 6 – 11 individual classes \$10/each**
- 6:30 P.M. - 7:30 P.M.
- 25 Pheasant Run Drive, Sandown
- Bring Water Bottle, mat if desired

****\$10 per class for less than 12 classes. All payments are by check or money order payable to: Sandown Recreation. All classes must be used within the current session. SUBSTITUTE 12/22 FOR 12/23 CLASS!**

**INCONSIDERATION OF SENSITIVITIES – NO PERFUMES, COLOGNE, OR BODY SPRAYS
PLEASE!**

NAME: _____

ADDRESS: _____

TOWN: _____ STATE: _____ ZIP: _____

PRIMARY PHONE: _____ OTHER PHONE: _____

EMAIL: _____

**(NOTE: WE DO NOT SHARE E-MAIL ADDRESSES. WE WILL COMMUNICATE WITH YOU VIA
ELECTRONIC MESSAGE WHEN SENDING PROGRAM INFO)**

Please initial below:

_____ I am age 16 or older.

_____ Please send me information via email regarding upcoming recreation activities.

_____ **PLEASE CONSIDER YOUR SCHEDULE – NO REFUNDS FOR WITHDRAWAL**

A pro-rated credit may be issued in the event of illness or injury with proper medical documentation. A doctor visit receipt is not sufficient. Please see director for details.

_____ I understand the refund/cancellation policy of the Parks and Recreation Dept.

WAIVER

Participation in this sport/activity may involve risk of injury. As a parent/guardian/participant I am aware of these hazards and of the ability to participate. In consideration for participation in this program, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims against the Town of Sandown, its officers, employees, agents, volunteers, supervisors from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the activity/sport. The above named cannot be responsible for any aggravation or injury caused as a result of pre-existing physical disabilities; including, but not limited to, allergies. The Parks & Recreation Department will be notified of any such special needs or sensitivities in writing prior to enrollment in this program. I understand the cancellation/refund policy of the Parks & Recreation Department. The Department encourages you to carefully consider your schedule prior to registration. This policy is strictly enforced thereafter.

PARTICIPANT SIGNATURE

DATE