

Woodstock Recreation Presents.....



Vinyasa Yoga

Instructor: Dawn Fennessy

Winter 2018

Monday Evenings
6:30 to 7:30 p.m.

@

Woodstock Middle School Music Room

January 29, February 5, 12, 26, March 5, 12, 19, 2018

(No class February 19th)

(7 Weeks)

Cost: \$56 (7 classes) or \$35 (4 classes)

Pre-Registration is preferred – Drop-In Rate \$10 per class

This class is suitable for beginners and experienced exercisers.

Open to ages 16- Adults. Students will coordinate movement with breath to flow from one pose to the next. Modifications will be offered to help the poses fit the body.

Name: _____ Phone: _____

Address: _____

Email: _____

Disclaimer: I, _____ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock, nor the Town of Woodstock, including its representatives, liable for any injury sustained by me or our/my child while participating in the Adult Mixed Level Yoga Program sponsored by the Woodstock Recreation Commission.

SIGNATURE _____ DATE _____

Parent Must Sign for Child Under The Age of 18

Printed Name: _____ Emergency Contact: _____

Check payable to "WRC". Submit with payment to the Woodstock Recreation Department, 415 Route 169 , Woodstock, CT 06281. For more information contact the Recreation Department at 860-928-6595 x 305 or at recreationdirector@woodstockct.gov.

Participant must bring a yoga mat. **No Refunds.**