



GENTLE YOGA REGISTRATION FORM

Glassboro Park and Recreation Center

CONTACT PERSON: Elena Power

PHONE: 856-881-1515 ext. 2

LOCATION: 152 SOUTH DELSEA DRIVE

SOUTH DELSEA DRIVE PARK

Mailing Address: 1 South Main Street

GLASSBORO, NJ 08028

DESTRESS WITH CRIS!

GENTLE YOGA ON **TUESDAY** NIGHTS

8 CLASS SERIES

1-21-20, 1-28, 2-4, 2-11, 2-18, 2-25, 3-3, and 3-10

Class Details

First Class: 1-21-20 **Time:** 6:30-7:45

PLEASE NOTE: This class series is open to *adults* (all age groups) who live in **Glassboro and surrounding areas**. Come experience *heated floors, beautiful nature scenes* projected on a flat screen television, and meet *wonderful people*. This class includes meditation, gentle yoga postures, aromatherapy, and gentle pranayama (breathwork), and massage. Students are encouraged to go at their own pace. Although blocks will be provided, you will need to bring a yoga mat, and water bottle is also recommended.

To find out more about Cris or to ask questions, feel free to explore her website: <http://www.hathafun.com> Space is limited, so please sign up soon!

Please fill out the following:

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: _____ Cell: _____ Emergency: _____

Email: _____

Price: \$45/8 week Class Series or a \$7.00 drop-in fee

Please bring in, or mail to the Address listed above. Another option is to bring this form and payment to the first class. If you mail it, please put it to the attention of Elena Powers.

Insurance: Each Participant shall be covered by his/her own policy. There will be **NO PARTICIPATION** without proof of insurance.

Name of Insurance _____ # _____

Signature _____ Date: _____