This program is offered on Wednesday evenings for six weeks and meets at the Middlesex Recreation Center. The cost of one program is $60. Drop-Ins cost $15 per session.

CLASSES WILL BE 6/22, 6/29, 7/6, 7/13, 7/20 and 7/27

**** (2) Classes will be outdoors at the Hazelwood Soccer Field. Let’s enjoy the summer evening and embrace nature on 6/29 and 7/20.

******ALL LEVELS*******

The Recreation Dept. accepts cash, credit or personal checks made out to “Middlesex Recreation Dept.” Drop-In Checks must be made out to MIDDLESEX RECREATION DEPARTMENT.

Yoga is a set of practices which help lead us toward a healthy mind in a healthy body. We will link breath, movement, and mindfulness.

Wednesday’s class will be a foundations class. This class incorporates simple flowing sequences to warm the body, as well as slower paced movements focusing on alignment, balance, flexibility, strength, and breathing meditation. This will be followed by activities for the muscles and joints.

Please bring a yoga mat and blocks if you can. Avoid eating 30 minutes prior to class.

Ages 16+ are eligible for registration.

Wednesdays: Starting June 22

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Wednesdays: Starting June 22

Please fill out the registration form below. Keep top portion for your reference.

Name __________________________________________ Contact #______________________

Address __________________________________ City_________________ St. _____ Zip________

Email Address (PRINT clearly) ____________________________________________________________

Emerg. Contact_____________________________ Ph # _____________________ H / C / W

By signing this form, I desire to engage voluntarily in this exercise program being offered by the Middlesex Recreation Department.

In consideration of my participation in the exercise classes, I do hereby agree to hold free from any and all liability, the exercise instructors, the sponsoring organization, or the Borough of Middlesex, and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of/or connected with my participation. Dates during which release is granted FROM: March - April 2022. In your best interest, we recommend that you have your physician give approval for you to be a participant in this class.

Signature ___________________________ Date ______________________

Summer Yoga 2022