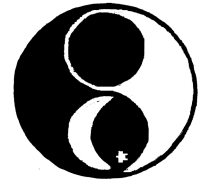




YOGA



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 and the Briarcliff Manor School District who are 18 years of age or older.
Registration begins March 13th

LOCATIONS/ DATES: Briarcliff Recreation Center, 48 Macy Road
April 10, 17, 24 May 8, 22
Briarcliff Manor Youth Center, 5 Van LuVan Rd.
May 1, 15 June 5

INSTRUCTORS: Eva Brenish and Joyce Pines

DAY/TIME: Saturday Mornings: 9:30 – 10:45 a.m.

FEE: Residents - \$120.00 for (8) 75 minute classes/Non-Residents - \$130.00
\$18.00 per class for all “drop-in” participants.

YOGA – Spring 2010
\$120.00 Residents/\$130.00 Non-residents
Please make all Checks Payable to: Eva Brenish

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, Eva Brenish, Joyce Pines, their employees and volunteers, 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

DATE RECEIVED: _____ **AMOUNT:** _____ **Check/Cash** **CHECK #:** _____

If you would like to be mailed a paper receipt, check here: _____