

Woodstock Recreation Presents...



Instructor: Dawn Fennessy
Spring 2020 Session

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

Classes at Woodstock Town Hall, lower level room 1
March 16, 23, 30 / April 6, 13, 20, 27 / May 4
Class on April 27th will be held at the Woodstock Middle School Music Room
(8 Weeks total)

Cost: \$64 (8 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: _____ Emergency Contact Number: _____

Check payable to "WRC". Submit with payment to the Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281. Can also leave in drop box outside town hall.

For more information contact the Recreation Department at 860-928-6595 ext. 333 or email at recreationdirector@woodstockct.gov.

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

PAID: Amount: _____ Cash: _____ Check: _____ Check Number: _____