

Relax & Energize with Yoga Grades 2 - 5

Ridgewood Parks and Recreation

~ Tel: 201-670-5560 ~



EARLY SPRING SESSION

Mondays, 3:45 to 4:45 pm
March 8, 15, 22, April 12, 19, 26
(no class March 29 and April 5)

**The Community Center
Senior Lounge
131 N. Maple Ave.**

\$75/ 6 classes

Come stretch your body and brain and have a fun time doing it! Learn to relax at will and energize whenever you need to; to refresh your mind and develop strength with flexibility, coordination and balance. Through physical, emotional and cognitive exercises like postures, breathing techniques, guided imagery and games, overall health and happiness are improved.

PROGRAM REGISTRATION – Online at www.ridgewoodsports.org or in person/by mail to:
The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 ~ Tel: 201-670-5560
Checks should be made payable to: **RIDGEWOOD PARKS & RECREATION**

Name _____

Telephone _____

Address _____

Emergency Telephone _____

Age _____ Grade _____

Program **Yoga - Elementary**

Session/Date **Early Spring 2010**

I, the parent of the above named youth, hereby give my permission to participate in any and all Village approved Recreation activities. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Parental Consent _____