



REDUCE YOUR STRESS – MINDFUL MEDITATIVE YOGA WITH SHARON
8- Weeks. TUESDAY EVENINGS: 6:15 – 7:15 PM
ALL LEVELS: BEGINNER TO EXPERIENCED

Looking for that Yoga Class that's a great fit for you? Need to reduce your stress? Check out the Sandown Recreation Department's upcoming 8-week Yoga winter session with 200-hour certified Yoga instructor Sharon Bridson on Tuesday evenings from 6:15 to 7:15 at the Edward C. Garvey Recreation Facility located 25 Pheasant Run Drive in Sandown. Session runs 01/14/20 thru 03/08/20. There is no class on Tuesday, February 25th. (Inclement weather make-up class 03/17 and 03/24 if needed). This is an adult class for both men and women. Teens over the age of 16 are also welcome to participate.

Women and men with all levels of experience (or none!) are welcome. The class will be modified for all levels with different challenges offered depending on what your body needs.

Cost is \$80 for the session. Or, purchase any number of classes for \$11.50 each, paid for at the time of registration *and used within the current session*.

Equipment needed to participate: Yoga mat. Optional equipment: Yoga block; a strap or man's tie; small blanket. Pre-registration is required, and minimum and maximum numbers apply. Payment is by check or money order only payable to Sandown Recreation. Cash is not accepted. *Drop-ins are limited to those who have prepaid for individual classes only, no 'walk-in and pay' available.*

Please call the recreation office at 887-1872 to check space availability prior to sending payment. Once space is confirmed, send your completed registration within 48 hours to: Sandown Recreation/P.O. Box 642/Sandown 03873 or drop off at the recreation office or in the drop box available 24/7, both located at 25 Pheasant Run Drive, Sandown, NH.

In consideration of all, please do not wear perfumes, colognes; or other scented products to class.

SCROLL DOWN TO REGISTRATION FORM

SANDOWN PARKS AND RECREATION
PO BOX 642 25 PHEASANT RUN DR
SANDOWN, NH 03873
603-887-1872
recreation@sandown.us

**8-WEEK YOGA SESSION – TUESDAYS 6:15 PM – 7:15 PM
JAN. 14TH THRU MARCH 10TH MUST BE AGE 16 OR OLDER**

- 8-WK Session - \$80.00 per person (8 classes)
- Class meets on TUESDAYS: 6:15-7:15 PM
- Edward Garvey Recreation Facility
- Cancelled class made up 3/10 & 3/24 if needed.
- 1 – 7 individual classes \$11.50/each*
- Jan. 14th – March 8th (no class 02/25/20)
- 25 Pheasant Run Drive, Sandown
- Dress comfortably. Bring mat and water.

***\$11.50 per class for less than 8 classes. INDIVIDUAL CLASSES ARE PURCHASED AT THE BEGINNING OF THE NEW SESSION AND NEED TO BE USED WITHIN THE CURRENT SESSION. All payments are by check or money order payable to Sandown Recreation. Please be aware of inclement weather procedure. PLEASE: NO PERFUMES, COLOGNE, OR BODY SPRAYS! PLEASE CONSIDER SENSITIVITIES AND/OR ALLERGIES OF OTHER PARTICIPANTS.**

NAME: _____

ADDRESS: _____

TOWN: _____ STATE: _____ ZIP: _____

PRIMARY PHONE: _____ ANOTHER PHONE: _____

EMAIL: _____

(NOTE: WE DO NOT SHARE E-MAIL ADDRESSES. WE WILL COMMUNICATE WITH YOU VIA ELECTRONIC MESSAGE WHEN SENDING PROGRAM INFO OR CLASS CANCELLATION IF POSSIBLE)

Please initial below:

_____ I am age 16 or older.

_____ Please send me information via email regarding upcoming recreation activities.

_____ **PLEASE CONSIDER YOUR SCHEDULE – NO REFUNDS FOR WITHDRAWAL**

A pro-rated credit may be issued in the event of illness or injury with proper medical documentation. A doctor visit receipt is not enough. Please see director for details.

_____ I understand the refund/cancellation policy of the Parks and Recreation Dept.

WAIVER

Participation in this sport/activity may involve risk of injury. As a parent/guardian/participant I am aware of these hazards and of the ability to participate. In consideration for participation in this program, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims against the Town of Sandown, its officers, employees, agents, volunteers, supervisors from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the activity/sport. The above named cannot be responsible for any aggravation or injury caused as a result of pre-existing physical disabilities; including, but not limited to, allergies. The Parks & Recreation Department will be notified of any such special needs or sensitivities in writing prior to enrollment in this program. I understand the cancellation/refund policy of the Parks & Recreation Department. The Department encourages you to carefully consider your schedule prior to registration. This policy is strictly enforced thereafter.

PARTICIPANT SIGNATURE

DATE