

2018 Yoga

Program: Offers basic yoga poses, standing and floor exercises, modifications and the general benefits of yoga such as breathing techniques, balance, strengthening and relaxation. Bring your body and mind together into one harmonious experience! Namaste!

Dates: Tuesdays, October 16-December 11, 2018 (omit Nov. 22) (8 sessions)

Times: 9:00-10:00 am

Location: Classes will meet at the Watertown Senior & Community Center



All students should dress comfortably and bring along a yoga mat or blanket and water bottle.

Fees: \$32.00/city resident \$48.00/non-city resident \$7/drop in

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.
Participant should communicate any special needs with their instructor.

Watertown Parks & Recreation Department

2018 Yoga Session 5

Tuesdays, Oct 16-Dec 11, 2018 (omit Nov 20)

Name _____ Age _____ M or F
Address _____ City _____
Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that the person listed above is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case participant listed above is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this participant's participation in this activity.

Signature of Participant _____ Date _____

Fee Paid: \$32/cr \$48/ncr \$7/drop in

Fitness