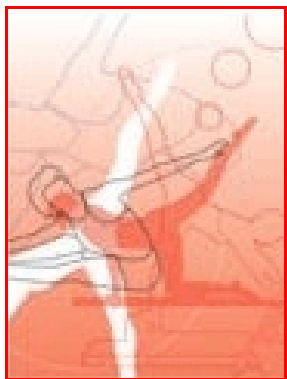


JANUARY 2011 YOGA-LITE (DAY)

Yoga is about creating balance in the body through developing strength and flexibility. This is accomplished through the performance of poses or postures. Yoyalite is a workout that relieves stress, helps you gain coordination and balance, build muscle, and allows you to relax all at the same time! Excellent opportunity for students new to yoga or for those who are simply wanting to relax and restore the body.



When: Tuesday mornings 9-10am
Jan 4 - Feb 22, 2011 (omit Feb 15)

Fees: \$28/cr \$42/ncr

Where: Watertown Senior and Community Center

Students should dress comfortably, bring a blanket or a yoga mat to each class, and a bottle of water.

The department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs that you may have that would benefit your participation in this program. The department will attempt to accommodate these needs and will contact you to discuss your participation.

January 2011 Yoga-lite (Day)

Name _____ Phone _____

Address _____

List any special needs _____

I hereby release the sponsoring groups from any and all claims arising from my participation in this program and verify that I am medically fit to participate.

Signature _____ Date _____

A Minimum of 10 students must be registered to hold this class

FEE: \$28 // city resident \$42 // non city resident