

# January 2012 Iyengar Hatha Yoga

Yoga – (YUG) means balance come under the yoke (body)

Join certified Iyengar Yoga instructor Elaine Kraus. Learn to create balance of body and mind through traditional yoga postures (asanas). Learn total relaxation(savasana)

Namaste – I bow to you – sign of respect between teacher and students

**When:** January 10 - February 28, 2012

**Time:** Tuesday Mornings 10:15-11:45 am

**Cost:** \$30 /city resident \$45 / non-city resident

**All students should dress comfortably in non-restrictive clothing, bring a yoga mat and blanket**



**Where:** Classes will meet in the lower level of the Watertown Senior and Community Center  
Please use the main entry doors

**Special Needs:** 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.

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## January Iyengar Hatha Yoga 2012

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

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 \_\_\_\_\_

\*minimum of 10 students is required to hold this class

**FEE: \$30 /city resident \$45 / non city resident**

