

Township of Nutley
Department of Parks and Recreation
Mayor Mauro G. Tucci



Yoga in the Park

This program is for Nutley Residents

Registration **Online Registration** is available at:

<https://register.communitypass.net/nutley>

Registration Fee is 25.00 per person. Please make checks payable to Township of Nutley/Yoga

A **Towel or Yoga Mat** are required. Please wear loose clothing.

Kim Stevens-Redstone is a Yoga Alliance E-RYT. She has been sharing her love of yoga and meditation with people of all ages and abilities for the past four years. She encourages beginner yogis to try new things, and experienced yogis to try new ways. Classes will focus on deep breathing and mindful movement. The practice will be tailored to your own personal abilities. Beginners are encouraged to join. As we do gentle stretches and coordinated breathing, we bring health and wholeness back to our bodies and minds. We experience the body/mind connection on the yoga mat. We do this first in yoga class and then out in the world, becoming and staying centered and calm in our daily lives. No previous experience necessary.

Tuesday Evening 6:30PM or Thursday Mornings 6:30AM Evening

Classes will be held at Kingsland Park by the Gazebo

CLASS DATES:

6:30 PM Tuesday Evening Dates: August 11, 18, 25 September 1

or

6:30AM Thursday Morning Dates: August 13, 20, 27 September 3

NO REFUNDS AFTER PROGRAM BEGINS

Yoga – Summer II 2020

Name: _____ Birth Date _____ Phone: _____

Address: _____ Email: _____

Please select Class: _____ Tuesday Evening 6:30 p.m.

_____ Thursday Morning 6:30 a.m.

The undersigned adult participant, does hereby consent to engage in all Recreation activities of the current season and) does hereby waive, release and discharge the organizers, sponsors, supervisors, coaches, league officials or the Township of Nutley, its employees and agents, jointly and severally, from any claim for injuries that may be sustained by adult participant while engaging in all Recreation activities or matters incidental thereto.

Signature of adult participant is required for participation. _____

Funds raised for this program may be used for other township sponsored recreation trust activities