

**Township of Nutley**  
**Department of Parks and Recreation**  
**Commissioner Mauro G. Tucci**



# Yoga for Life

This program is open to Nutley Residents

**Registration Fee** is \$ 100.00 per person.

**Online Registration** is available at: <https://register.communitypass.net/nutley>

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

Class sizes are limited.

Kim Stevens-Redstone is a Yoga Alliance ERYT-500. She has been sharing her love of yoga and meditation with people of all ages and abilities . 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 OR Thursday Evenings from 6:45 p.m. to 7:45 p.m.  
Classes are held at 65 Bloomfield Ave. Parks & Recreation ANNEX bldg.  
CLASS DATES:  
Tuesday Dates: April 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13, 20, 27  
Thursday Dates : April 13, 20, 27 May 4, 11, 18, 25 June 1, 8, 15, 22, 29  
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NO REFUNDS AFTER PROGRAM BEGINS

Yoga – Spring 2023

Name: \_\_\_\_\_ Birth Date \_\_\_\_\_ Phone: \_\_\_\_\_

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

Please select Class: \_\_\_\_\_ Tuesday Evening 6:30 p.m. OR \_\_\_\_\_ Thursday Evening 6:30 p.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 parent/guardian or adult participant is required for participation. \_\_\_\_\_

Please initial that you have read and agree to Code of Conduct \_\_\_\_\_ & Covid-19 Waiver \_\_\_\_\_

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