

Pomfret Recreation Sponsors:

Gentle Yoga

June 5th, 12th, 19th & 26th

For ages 18 and over

With Registered Yoga Instructor, Martha Goldstein



Classes are on Wednesdays

from 6:00pm to 7:00pm at the Pomfret School Schoppe Dance

Studio located at 20 Paradise Road, Pomfret Center, CT 06259.

Parking is at these locations: Admissions: 386 Pomfret Street or Business Office: 21 Paradise Rd

Fee: \$55.00 for the 4 sessions or \$15 per walk in



inhale
exhale

In these classes we will focus on the breath, releasing our worries, compassion for ourselves and others, listening to and respecting our bodies, as well as being introduced to new yoga poses each week that will aid in strengthening and lengthening their bodies. Pre-registration is preferred. Please bring your own Yoga mat.

Yoga classes Please mail and make checks payable to: Pomfret Rec. Dept. at 5 Haven Road, Pomfret Center, CT 06259. Questions: 974-1423 Or Carrie.Wolfe@pomfretct.gov

Name: _____ Phone # _____

Address: _____ Cell Ph. # _____

Email address: _____

Emergency Contact Person _____ Ph..# _____

Fee: \$55.00 paid on check # _____ or cash paid _____ Are there any medical issues that we need to know about: Yes or No? Explain _____

Please note: There are certain risks involved with participating in any Pomfret Recreation activity/event and I am to willing assume these risks for myself/my child. I hereby waive and release all other participants, teachers, sponsors or others involved from all claims and/or damage incurred with this program. I understand that the Recreation Dept. does not carry medical insurance for participants and I agree to participate at my own risk. I also understand that the money enclosed is non-refundable unless there is a waiting list for replacements

Signature: _____ Date: _____

