



# Denville Recreation: Senior Yoga

**Who: Senior Adults – Limited Class Size**

**Where: Community Room - Denville Municipal Building**

**When: Wednesdays—9:15-10:00**

**April 18—June 20 (10 Sessions)**

**Cost: Free Program**

**Description: A gentle form of yoga designed to move the whole body through a series of seated and standing poses. The chair is used for seated poses and as support for standing poses when needed. The poses will increase flexibility, strength, balance and range of motion. Breathing exercises and relaxation will help release stress and calm the mind.**

**Visit [www.denvillenj.org](http://www.denvillenj.org), located on home page or our Facebook page!**

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## **Denville Recreation: Senior Yoga** **April—June 2018**

**Name** \_\_\_\_\_ **Phone#** \_\_\_\_\_ **Age** \_\_\_\_\_

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

**Emergency Contact and phone #** \_\_\_\_\_

**Preferred Hospital** \_\_\_\_\_ **Allergies/conditions** \_\_\_\_\_

**I will not hold Denville Township, Denville Recreation or any of their representatives responsible for any loss or injury incurred while participating. I am in good health and able to participate without restriction. I am providing an emergency number should anything occur while participating in the program. I also authorize Denville Recreation personnel to contact appropriate emergency personnel, should I need treatment.**

**Township Policy on Public Photos & Articles**

**It is the policy of the Township of Denville that any and all public photos and articles regarding the Recreation Department activities and participants must be submitted to the director for review and or editing.**

**Signature** \_\_\_\_\_

**\$0.00**