



Denville Recreation: Senior Yoga

Who: Senior Adults – Limited Class Size

Where: Community Room - Denville Municipal Building

When: Mondays—9:15-10:00

September 17—December 10 (10 Sessions)

Skip 10/1, 11/5, & 11/12

Cost: Free Program

Registration : Denville Residents—August 1st at 8:00am

Non-Denville Residents—August 15th at 8:00am

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, located on home page or our Facebook page!

Denville Recreation: Senior Yoga **September—December 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