



Denville Recreation: Senior Yoga

Who: Senior Adults – Limited Class Size

Where: Community Room - Denville Municipal Building

When: Mondays—9:15-10:00am

January 7—March 18 (10 Sessions) Skip 2/18

Cost: \$15.00

***Late Fee:** \$10.00 after 1/4/19

Registration : Denville Residents—November 19th at 8:00am

Non-Denville Residents—November 26th at 8:00am

Description: Instructor Rhoda Belej guides you through 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 January—March 2019

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 _____

RECEIPT # _____

CHECK # _____

CASH _____

DATE _____

\$15.00