



Denville Recreation: Yoga By the Lake With Mars

Who: Adults - Ages 18+

Where: Cook's Pond Swim Facility—Grass Lawn by Playground

When: Mondays—7:00-7:45pm—July 16-August 20

Cost: \$50.00

***Late Fee:** \$10.00 after 7/13/18

Registration Begins June 1st

Description: It's time to focus on you! Twilight Yoga is a weekly sun-down event designed to help you relax, meditate, and practice gentle yoga. Focus is on breath control, relaxation, body awareness, alignment, gratitude, and having fun practicing yoga. The class will involve: Warm up, Sun Salutations, Standing Strength, Cool Down, & Meditation. This is yoga for all levels.

Visit www.denvillenj.org, located on home page or our Facebook page!

Denville Recreation: Twilight Yoga with Mars July-August 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 _____

RECEIPT # _____

CHECK # _____

CASH _____

\$50.00