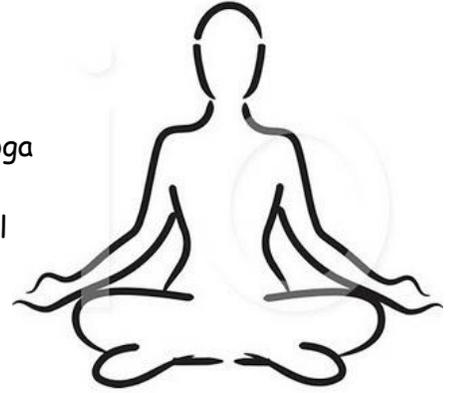


YOGA CLASS - 2016

Snowflake/Taylor Recreation and Parks Department is offering Yoga lessons this summer. The 4 week course will introduce standing, forward bends and twisting poses to stretch muscles, tone internal organs and strengthen the nerves. Each week we will build on the previously learned poses to increase flexibility and focus on body alignment. We will use props to aid in achieving the poses so prior experience and flexibility are not required. Lessons end with 10-15 minutes of deep relaxation poses. Course instructor is Lily Tista. Participants should wear comfortable clothing to stretch in. Bring a Yoga mat. All other props will be provided. Class will tentatively continue in July.



Class information: Yoga Level 1 & 2

Thursdays 7/7 - 7/28 Highland Primary Gym 5-6:30 PM 20 yrs. & older \$30

To register, complete the information below and turn the bottom of this form and the registration fee into the Snowflake Town Hall.

YOGA LEVELS 1 & 2 2016 WAIVER FORM

I hereby agree to and/or allow my child to participate in the Snowflake/Taylor Summer Yoga Class. I fully understand that the Snowflake/Taylor Recreation and Parks Department and the Snowflake Unified School District #5 do not carry accident insurance for participants. I, hereby, for my children, waive and release any and all rights and claims for damages my child may have against the Snowflake/Taylor Recreation and Parks Department and the Snowflake Unified School District #5, their employees, representatives, and agents, for any and all injuries suffered by my child in the participation of this activity. I further agree to indemnify the Snowflake/Taylor Recreation and Parks Department and the Snowflake Unified School District #5, their employees and agents, and each of them, from any loss, liability, damage or cost they may incur due to the presence of my child or myself at any activity sponsored by the Snowflake/Taylor Recreation and Parks Department. I expressly agree that this release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Arizona, and that if any portion thereof is held invalid, it's agreed that the balance shall, notwithstanding, continue in full force and effect.

Participants Name _____

Phone _____ Age _____

Parent Signature _____ Date _____