

WINTER SESSION - 2012
BEDFORD RECREATION & PARKS PRESENTS
YOGA

Instructor: Karen Young



Refresh, Renew, Invigorate, and Relax with our newly added Thursday night yoga class.

This class will focus on breathing techniques, proper alignment, strength building, flexibility, balance and most importantly, the joy that accompanies regular yoga practice. Men and women of all levels welcome. Please bring a mat and dress comfortably.

The class will be taught by Karen Young. Karen attended the Westchester Institute of Yoga and holds a Master of Public Health Degree from Southern Connecticut State University

FOR: Adults 18+
 LOCATION: Bedford Hills Elementary School, 123 Babbitt Rd., Bedford Hills
 DAY: Thursdays
 DATES: January 12, 19, 26, Feb. 9, 16, March 1, 8, 15 (no class Feb. 2 & 23)
 TIME: 6:30-7:45pm
 ACTIVITY # 410723
 FEE: \$65.00 – residents
 \$80.00 – non-residents

Town of Bedford Recreation and Parks Department
RECREATION PROGRAM REGISTRATION FORM
 COMPLETE ENTIRE FORM - PLEASE PRINT

Household Name _____ Date _____

Full Address _____ Zip Code _____

Home Phone _____ Cell Phone _____ E-Mail _____

EMERGENCY Name _____ **Telephone** _____

Participant Name (Last, First)	Sex	Grade	DOB	Program Day	Activity #	Activity Name	Fee

Form of Payment Cash Check Credit Card **Total Fee \$** _____

General Release The undersigned hereby releases the Town Of Bedford, its Town Board, Recreation and Parks Department, employees and volunteers thereof, of any responsibilities should an accident or injury occur to the above named participant as a result of participation in the aforementioned program sponsored by the Bedford Recreation and Parks Department. I understand the department may use photos taken during events unless I notify them in writing.

Participant's Signature (Parent/Guardian, if under age 18) _____

Return to: Bedford Recreation and Parks Dept., 425 Cherry St., Bedford Hills, NY 10507 914-666-7004