

*Harwinton Recreation*

# *YOGA with Gail*

*Wednesdays, November 30 - January 18*

*6-7 p.m.*

*Harwinton Community Hall*

*\$64 for 8 weeks*

*Drop-ins welcome for \$12/class*

Looking for a fun way to move the body? Yoga may just be the thing! Join Gail Rosin, certified yoga teacher, for a relaxing and restorative class. Open to adults of all levels, Gail especially welcomes students who are new to yoga. She applauds their choice and courage to give it a try!

Please bring a yoga mat and a bottle of water to class.

Pre-register by sending a completed Registration Form and payment to: "Harwinton Recreation", Town Hall, PO Box 66, Harwinton CT 06791. Forms are available online at: [Harwinton.us](http://Harwinton.us)

Call Suzanne at 860-485-0626 or email [recreation@harwinton.us](mailto:recreation@harwinton.us) for info.

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## **HARWINTON RECREATION REGISTRATION FORM**

Check payable to: "Harwinton Recreation"

Return to: Recreation Department, Harwinton Town Hall, 100 Bentley Dr., PO Box 66, Harwinton CT 06791

ADULT NAME \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

STREET \_\_\_\_\_ TOWN \_\_\_\_\_

PHONE \_\_\_\_\_ EMERGENCY # \_\_\_\_\_

PROGRAM \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

I recognize there are risks of injury involved in members of my family participating in recreational activities conducted by the Town of Harwinton. Therefore, in consideration of the Town of Harwinton conducting recreational activities and enrolling members of my family in such activities or permitting members of my family to participate in such activities, I do hereby, on behalf of myself and all members of my immediate family release the Town of Harwinton, its employees and agents from all liability with respect to an injury received by me or any member of my family arising from such activities.

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Signature of Participant over 18 yr.

Date