



Adult Yoga for All

2012 Winter Sessions

Derry Parks & Recreation Department
31 West Broadway, Derry, NH 03038

Phone: (603) 432-6136

Fax: (603) 432-6758



Adult Yoga for All is a Hatha yoga program for adults at least 18 years of age. Participants 16 and 17 years of age are also eligible to participate when registering with a parent or guardian. Classes are designed to fit all ability and experience levels. Each session will consist of 75 minute classes held Thursday evenings at Alexander-Carr Lodge. Students will be introduced to the health benefits of yoga through stretching exercises, breathing techniques, yoga postures, flow sequences, and relaxation. Participants are sure to increase flexibility, strength, balance, and self-confidence, as well as reduce stress. Yoga for All instructor is Mariellen Rowe, RYT. Mariellen is a certified yoga teacher through Yoga Alliance, as well as CPR and First Aid certified.

Please bring the following to class:

- Water bottle
- Yoga mat or beach towel
- Blanket

What to wear:

- Stretchy, comfortable clothing
- Class will take place in bare feet

Session	Dates	Class 1	Class 2	Special Information
Winter I	Jan. 12 th – Feb. 9 th , 2012	Thursdays 5:30pm – 6:45pm	Thursdays 7:00pm – 8:15pm	5 week session Derry \$40, Non \$60, Fam \$25
Winter II	Feb. 23 rd – Mar. 29 th , 2012	Thursdays 5:30pm – 6:45pm	Thursdays 7:00pm – 8:15pm	No class March 1 st 5 week session Derry \$40, Non \$60, Fam \$25

Please plan to arrive 5 – 10 minutes before class time. Classes begin promptly on time.

For more information, please call the Recreation Office at (603) 432-6136 or email Mariellen at mariellen@nhyogaforall.com.



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- Max. 15 / Min. 6 participants
- Alexander Carr Lodge

- Instructor: Mariellen Rowe, RYT

Name:

Address:

Town: State: Zip Code:

Home Phone: Cell Phone:

Email:

Birth Date: Age: Gender:

I would like to donate to the *People Lending Assistance to Youth (P.L.A.Y.) Fund* and help fund a child's registration fee for this or other Recreation programs. I am donating \$_____

Please check the session(s) you are registering for:

Winter Session I
Jan. 12th – Feb. 9th

5:30 – 6:45pm

7:00 – 8:15pm

Winter Session II
Feb. 23rd – Mar. 29th

5:30 – 6:45pm

7:00 – 8:15pm

WAIVER

Participation in this sport/activity may involve risk of injury. As a parent/guardian/participant I am aware of these hazards and of the ability to participate. In consideration for participation in this program, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims against the Town of Derry, Derry School District, its officers, employees, agents, volunteers, supervisors from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the activity/sport. The above named cannot be responsible for any aggravation or injury caused as a result of pre-existing physical disabilities; including, but not limited to, allergies. The Parks & Recreation Department will be notified of any such special needs or sensitivities in writing prior to enrollment in this program. I understand the cancellation/refund policy of the Parks & Recreation Department. The Department encourages you to carefully consider your schedule prior to registration. No fee will be refunded after the program has begun. This policy is strictly enforced thereafter.

Participant Signature

Date