



# Gentle Yoga for All

## 2012 Winter Sessions

Derry Parks & Recreation Department

31 West Broadway, Derry, NH 03038

Phone: (603) 432-6136

Fax: (603) 432-6758



Gentle Yoga for All is an adult Hatha style session that consists of specifically designed stretches and yoga poses with emphasis on foundation, alignment, and structure to bring most health benefits and comfort to each participant. Classes will use a variety of supports such as a blanket, chair, wall, strap, stretch bands, and blocks to increase ones strength, flexibility, balance, and comfort. Pleasurable breathing exercise will relieve stress and promote relaxation. This class is suitable for beginners to all levels who are looking for a healthy morning yoga stretch. Classes take place in a welcoming, non-judgmental environment. *It is always recommended to get your doctor's approval before beginning any exercise program.*

Gentle 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.

Classes are 50 minutes in length and held on **Wednesday mornings at 9:00am** at the **Alexander-Carr Lodge**. Please plan to arrive 5 to 10 minutes before the class begins. Classes begin promptly at 9:00am.

***Please bring the following to class:***

- Water bottle
- Yoga mat
- Blanket

***What to wear:***

- Stretchy, comfortable clothing
- Practice is done in bare feet, socks are optional if preferred

Session	Dates	Session Rate
Winter I	January 11 <sup>th</sup> – February 8 <sup>th</sup> , 2012	\$35.00 / 5 classes
Winter II	February 22 <sup>nd</sup> – March 28 <sup>th</sup> , 2012	\$35.00 / 5 classes No class 2/29

For more information, please call the Recreation Office at (603) 432-6136 or email Mariellen at [mariellen@nyogaforall.com](mailto:mariellen@nyogaforall.com).



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- Max. 15 / Min. 6 participants
- Instructor: Mariellen Rowe, RYT
- Wednesdays, 9:00 – 9:50am

Name:

Address:

Town:  State:  Zip Code:

Primary Phone:  Alternate 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 \$\_\_\_\_\_

**Winter Session I**  
Jan. 11<sup>th</sup> – Feb. 8<sup>th</sup>

**Winter Session II**  
Feb. 22<sup>nd</sup> – Mar. 28<sup>th</sup>

### 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