

# **GENTLE YOGA**

## **with Melissa Boyd**



VILLAGE OF PORT JEFFERSON  
RECREATION AND PARKS  
AT THE VILLAGE CENTER  
101-A EAST BROADWAY  
PORT JEFFERSON, NY 11777  
(631) 802-2160

### **8 Hour Long Revitalizing Sessions**

**Dates:** Sept 1, 8, 15, 22, 29, Oct 6, 13, 27 2015

**No class Oct 20**

**TUESDAYS –EIGHT SESSIONS**

**Time:** 10:15 to 11:15 am

**Location:** Port Jefferson Village Center

**Fee:** \$80/PJ Residents \$90/Non-residents

**In Gentle Vinyasa Yoga, there is an emphasis on technique in the poses. The asanas are performed at a slow, deliberate pace. Each class ends with a meditation to fully receive the benefits of your practice.**



Gentle Yoga

Aug 11 – Sept 29, 2015

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

THE UNDERSIGNED AGREES THAT THE VILLAGE OF PORT JEFFERSON, ITS AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES SHALL NOT BE LIABLE FOR ANY CLAIMS, INJURIES, DAMAGES OR EXPENSES SUSTAINED BY THE UNDERSIGNED AS A RESULT OF PARTICIPATION IN THE ACTIVITY DESCRIBED ABOVE. THIS RELEASE FROM LIABILITY SHALL APPLY TO ALL SUCH CLAIMS, INJURIES, DAMAGES OR EXPENSES REGARDLESS OF WHO IS AT FAULT AND EVEN IF CAUSED BY THE NEGLIGENCE, NEGLECT OR FAULT OF THE VILLAGE OF PORT JEFFERSON, ITS AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES. THIS RELEASE IS MADE WITH KNOWLEDGE THAT THE VILLAGE OF PORT JEFFERSON PROVIDES NO INSURANCE TO COVER CLAIMS, DAMAGES OR EXPENSES WHICH MAY RESULT FROM THE DESCRIBED ACTIVITY.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

For Office Use Only

Payment Received By: \_\_\_\_\_ Cash: \_\_\_\_\_ Check #: \_\_\_\_\_ CC \_\_\_\_\_