



YOGA BASICS

FALL 2014

Offered by the City of St. Johns Parks and Recreation Department

Yoga Basics: Establishing Your Practice

This 5-week yoga session will begin with basic breath and posture geared toward helping those who have never done yoga learn the absolute beginnings in order to develop their own yoga practice at home. Each class will last one hour, and instruction will focus on controlling the breath, assuming safe postures, and moving from posture to posture with the help of breath. All students are welcome, and this class is suitable for young and old, from the everyday exerciser to the couch potato. Bring a yoga mat, a face towel, a bottle of water, a positive attitude, and any other equipment you think will help you feel more comfortable and get more out of your practice. Wear comfortable clothing that you can move around in. Instructor: Melinda Geiger

Fall Session I: Wednesdays, October 8, 15, 22, 29 and November 5, 2014

Fall Session II: Wednesdays, November 12, 19, December 3, 10 and 17, 2014

There will be no class on Wednesday, November 26, 2014

Time: 7:00 – 7:45pm

Where: St. Johns Railroad Depot (across from the library)

Cost: 5-week session is \$36 for city residents and \$44 for non-city residents.

Drop in rates \$9 city residents and \$11 non-city residents. Drop-ins allowed only if space permits.

Must reside within the City Limits to qualify as a City Resident.

You may have a St. Johns mailing address but not live within the city limits.

Make Checks Payable and Mail to: City of St. Johns P.O. Box 477 St. Johns, MI 48879 – Phone 989-224-8944 ext.227

Participant Name _____ E-mail Address _____

Address _____

Home Phone _____ City _____ State _____ Zip _____
 Work _____

I would like to participate in the following program. _____

I recognize that my participation in sporting activities and athletic competition subjects me to certain risks of physical injury. I hereby assume this risk as my own and all responsibility for any such injuries as they relate to said participation in sports/**recreational** activities on City property **or properties used for City recreational activities**. By signing this document I agree to waive any rights or claims I may have for damages arising from injuries I may receive while participating in recreational events sponsored or supported by the City of St. Johns and/or the St. Johns Recreation Department. I hold harmless the City of St. Johns and any of its employees or agents from all such claims, lawsuits, actions and/or damages. I also agree to allow any photographs taken during the activity to be used by the recreation department.

Participant Signature _____ Date _____

Participant's Name	Activity	Session/Date	Time	Program Fee	Discount	Total Fee