

Essex Fells Recreation Department, 255 Roseland Avenue, 973/768/2705

rlombardysr@gmail.com
Rob Lombardy, Director of Recreation

AM Yoga Program - Spring 2012 (12 Weeks / 24 Classes)

Yoga is a gentle form of physical fitness that applies to people of all ages. It is the oldest practice that stresses the importance of the mind/body connection. No prior experience or particular level of fitness is necessary. The exercises used in this course serve to teach the basic elements of Yoga in an easy-to-follow manner. Improve your physical well being, eliminate fatigue and receive relief.



OPEN TO: ADULTS (18 years and older)
WHERE: AM - Essex Fells Activity Center, 2nd Floor Essex Fells Service Building
307 Runnymede Road, Essex Fells (next to EF Post Office)
WHEN: Tuesday & Friday mornings
Beginning Tuesday, April 3, 2012 Ending Friday June 22, 2012
TIME: 9:00 a.m. - 10:30 am (approximately)
INSTRUCTOR: Lisa Thomas - 973-228-9592 - beachgirl1967@comcast.net
REGISTRATION FEE: \$120.00

Make checks payable to PritiYoga, L.L.C. and mail to: Lisa Thomas, 19 Thackeray Dr. Roseland, NJ 07068

PLEASE NOTE: ALL PARTICIPANTS SHOULD WEAR YOGA ATTIRE AND BRING A PERSONAL MAT
CLASS SIZE IS LIMITED TO 20 PARTICIPANTS/ MINIMUM 12 ON A FIRST COME - FIRST SERVED BASIS.

ONE FORM PER PARTICIPANT

Detach Here

2010 WINTER YOGA PROGRAM _____

Cash _____ Check No. _____ Amount _____ Date Rec'd. _____

Return to: Lisa Thomas 19 Thackery Drive Roseland, NJ 07068

Name _____ Age _____ Female _____ Male _____

Address _____ / _____ / _____ / _____

Street/PO Box

Town

State

Zip

Home Phone No. _____ Emergency Phone No. _____

Cell Phone No. _____ E-Mail Address _____

Do you have any health condition(s) the Recreation Staff should know about? No _____ Yes _____

Explain _____

THE ESSEX FELS RECREATION DEPARTMENT RECOMMENDS THE DISCLOSURE OF RELEVANT HEALTH INFORMATION. UNLESS THE ESSEX FELS RECREATION DEPARTMENT IS NOTIFIED IN WRITING, STAFF WILL BE FORWARDED ALL INFORMATION ON THE REGISTRATION FORM, INCLUDING HEALTH CONDITIONS.

ADULT'S SIGNATURE ALLOWING PARTICIPATION AND WAIVING CLAIMS THAT MAY RESULT FROM INJURY DUE TO YOGA ACTIVITY.



SIGNATURE

DATE

For information on all Recreation Programs check out our Website at: www.essexfellsboro.com