



Beginner Yoga

Fall 6-Week Workshop

If you are looking for a restful, calming class that includes an introduction to Pranayama techniques (yogic breathing) and gentle flowing foundational yoga postures (asanas), you will enjoy taking this beginner class with Teresa. The class is slower paced than an all-levels class, geared toward newer yoga students, or those wanting a simple basic flow.

Instructor: Teresa Michaud

Teresa has 5 years experience teaching, is passionate about the health benefits of yoga and how regular practice can help create strong community and happiness.

Time: 6:00 PM to 7:00 pm

When: Mondays, January 13, 2020 to February 17, 2020 (6 Mondays)

Where: Lebanon Fire Safety Complex – Goshen Hill Rd.

Fee: \$65 per student for the series.

Bring a mat or towel & water bottle!

Fill out and bring to class or mail /return to: Lebanon Recreation Dept. 579 Exeter Rd Lebanon, CT 06249

First Name:		Last Name:	
Address:			
City:		State:	Zip:
Phone Number:		Email:	

In the event of an emergency requiring medical attention, after every reasonable effort has been made to contact me, I hereby grant permission and consent to a physician or other hospital personnel to do whatever is deemed necessary to treat my child. The attending physician is given permission to proceed with any medical or minor surgical treatment, x-rays and immunizations for my child. I, for myself and for my heirs and legal representatives, agree to defend, indemnify and hold harmless the Town of Lebanon, their employees and their agents, from any and all suits, claims and demands by anyone arising from my use of Town of Lebanon facilities and equipment, including claims of negligence on the part of the Town of Lebanon, their employees and their agents. I hereby agree to release, discharge and hold harmless the Town of Lebanon, its employees and volunteers for any liabilities even if due to negligence on the part of the aforementioned parties, which may occur while participating in this program. I have read this waiver and fully understand its terms. I further understand that by signing this agreement I give up substantial legal rights. I have not been induced to sign by any promise or representation and I sign it voluntarily and of my own free will.

Participant or Parent/Guardian Name (please print)

Participant or Parent/Guardian Signature

Date

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For more information contact the Lebanon Recreation Department at (860) 642-4085 or email Stremblay@lebanonct.gov.