

Boonton Parks and Recreation

presents



YOGA



Our Popular Yoga series continues this Fall. All exercise levels are welcome. Monday nights Phil DiLavore, certified Anusara Yoga Teacher, leads an invigorating and refreshing workout. Wednesday nights join Instructor Shannon Hense for a varied and energetic class.

Both classes will mix a variety of yoga postures, with soothing breathing techniques, and deep relaxation to bring about a new inspired you!! Programs will be held at the

Boonton Recreation Center, 1210 Cedar Street- 6:15PM – 7:15PM

Wear comfortable clothes- mats are provided!

Yoga Fall 2010

8 week session

September 13 – November 3, 2010

3 registration choices

- | | | |
|------------------|---------------------------------|--------------------------------------|
| <i>option #1</i> | <i>1x a week \$72.00</i> | <i>(Monday <u>or</u> Wednesday)</i> |
| <i>option #2</i> | <i>2x a week \$112.00</i> | <i>(Monday <u>and</u> Wednesday)</i> |
| <i>option #3</i> | <i>Pay-as-you-go \$12/class</i> | |

For additional information contact Boonton Parks and Recreation
(973) 263-2110

Please return to Boonton Parks and Recreation,
100 Washington St, Boonton, NJ 07005

Checks made payable to Boonton Parks and Recreation

Yoga by Boonton Parks and Recreation- Fall Session I 2010

I am covered by appropriate Medical/Accident Insurance and I accept full responsibility for any injury that might occur during this program. I will not hold the Boonton Recreation Committee or any of their employees responsible for any accidents or injuries which may occur in the course of, prior to the start of, or after the facilitation of the above program.

Name _____

Address _____

Phone Number(_____) _____ E-Mail _____

Option #1 @\$72___ Option #2 @\$112___ Option #3 Pay-as-you-go___