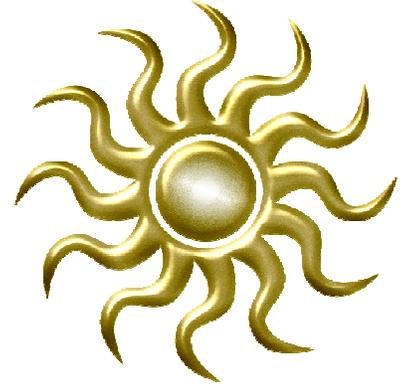


Montville Recreation Department's



# YOGA CLASSES



**WHO:** Adults—All are welcome. No prior experience necessary.

**WHAT:** Energize your body as you stretch and strengthen major muscle groups. Sun Salutation is a yoga practice that involves a series of Body Postures. Sun Salutation along with other Postures is the rhythm of the body, melody of the mind and harmony of the soul.

**WHERE:** Library Pio Costa Auditorium, 90 Horseneck Road in Montville

**WHEN:** Mondays & Wednesdays : February through December 2016  
**NO CLASSES ON: 2/15, 2/22, 3/28, 3/30, 5/30, 7/4, 9/5 & 10/10**  
**\*\*\* You will be notified via email for any other building conflicts throughout the year!!!**

**TIME:** 9:15am to 10:15am

**INSTRUCTOR:** Rama Jonnalagadda, Certified Yoga Instructor

**FEE:** FREE—*You must be registered to participate!*

**SUBMIT REGISTRATION FORMS TO:** Montville Recreation, 195 Change Bridge Road, Montville 07045

**OR For On-Line Registration...**Go to the town's website at: <http://www.montvillenj.org/RecRegistration>

For additional Recreation Flyers go to: <http://www.montvillenj.org/RecFlyers>

**QUESTIONS ??? Call Recreation: (973) 331-3305 or Visit our Website: [www.montvillenj.org](http://www.montvillenj.org)**

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## **YOGA CLASSES at the Library - February-December 2016**

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_ PHONE \_\_\_\_\_ CELL \_\_\_\_\_

EMERGENCY NAME & NUMBER \_\_\_\_\_

EMAIL (Please distinguish b/w letters & numbers!) \_\_\_\_\_

Please list any special needs that you may have that will assist us in providing a successful program:

\_\_\_\_\_

I understand that the Recreation Department DOES NOT provide accident insurance.

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