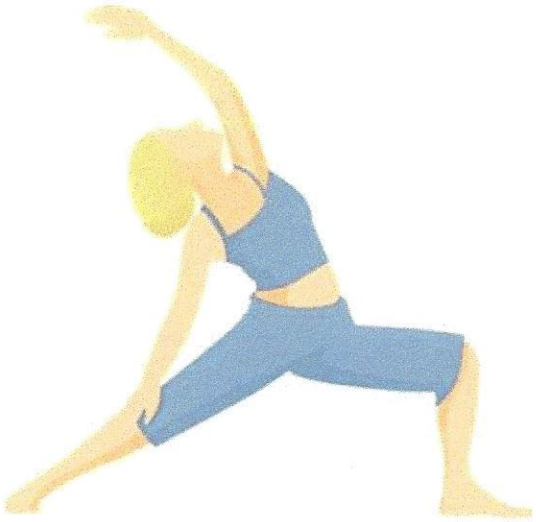

Yoga for Seniors

8 Classes

Wednesdays, 5:30 – 6:30 PM

2 December 2015-
3 February 2016

No classes 23 or 30 December

All classes are held on Wednesdays at the Hazen Library. Participants should wear comfortable, loose-fitting clothes & bring a beach towel & Yoga mat to class. *Eat lightly 2+ hours before class.*

Cost: **$30** for Shirley Residents / **$35** for non-residents. Please make checks payable to the "Town of Shirley Recreation" and mail to Town of Shirley Recreation, 7 Keady Way, Shirley, MA 01464.

Registration deadline: December 2.

Drop-In Rate: $5

This class is for seniors who are mobile and want to be challenged a little further. We'll use chairs for general alignment, standing & reclined postures to improve breathing, posture, and flexibility.

Name: _____ Sex: M F DOB: _____

Address: _____ Phone: _____

Email: _____ Work/Cell: _____

Medical Insurance Carrier: _____ Policy #: _____

I, the undersigned, agree to forever release the Town of Shirley and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in Shirley Recreation Yoga from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from participation in Shirley Recreation Yoga.

Please note: If you suffer from a severe or acute medical condition, it is best to consult with your primary physician or specialist before participating in any exercise program.

Participant's Signature: _____ Date: _____

Official use only:

Check #: _____

Date Rec'd: _____

Payment $ _____

For more information visit our website www.shirley-ma.gov

Instructor: Marg Takarabe, Certified Yoga Instructor