

Group Exercise

Yoga Basics Workshop

with **Master Teacher Karen Rider**

Are you new to yoga or do you want to learn the foundational basics?

Need help with your alignment?

This **4 Week Yoga series** will guide you through the alignment principles necessary to build a strong foundation for your yoga practice to grow in both strength and flexibility. You will also learn and refine breath techniques for an optimal practice.

Days: Tuesdays
Dates: February 17–March 10
Time: 11:15–12:30
Fees: Members \$25 (plus tax)
Non-Members \$60 (plus tax)

For more information contact Penny Hoff phoff@sportsplex-ct.com

Registration Form

Yoga Basics Workshop with Karen Rider

Name _____ Member No. _____

Male Female Date of Birth _____

Address City/State/Zip _____

Home Phone _____ Work / Cell Phone _____

E-Mail _____

Member Non-Member

Method Of Payment: House Charge Cash Check Credit Card

_____ Credit Card #

_____ Exp. Date

Waiver of Liability

I represent that I am in good physical condition and have no disability, impairment or ailment preventing participation in this program. I recognize the risk if injury in any exercise program and I am participating upon the express agreement that I am hereby waiving and releasing Sporstplex from any claims, costs, liability, and injuries incurred while on these premises.

_____ Signature

_____ Date

SPORTSPLEX