**Destress with Cris**

How Yoga can help

1. Decreases

**Stress**

1. Helps with

**balance**

1. Increases **flexibility** and **strength**
2. Better **concentration**
3. **I**mproves **posture**

 **gentle Yoga on Tuesday nights**

 **8 class series**

 **Join, Cris, a 200 Hour Certified Yoga Instructor, on the following dates:**

 **9-3-19, 9-10, 9-24, 10-1, 10-8, 10-15, 1-22, and 10-29**

 **Class Details**

 **First Class**: 9-3-19 **Time:** 6:30-7:45

**PLEASE NOTE:** This class series is open to *adults* (all age groups) who live in **Glassboro and surrounding areas.** Come experience *heated floors*, *beautiful nature scenes* projected on a flat screen television, and meet *wonderful people*. This class includes meditation, gentle yoga postures, aromatherapy, and gentle pranayama (breathwork), and massage. Students are encouraged to go at their own pace.

To find out more about Cris or to ask questions, feel free to explore her website: <http://www.hathafun.com> Space is limited, so please sign up soon!

 **Please fill out the following:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Emergency\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Price:** $45/8 week Class Series or a $7.00 drop-in fee

**Please bring your own yoga mat, and water bottle. Blocks are provided.**

**Please bring in, or mail to the Address listed above**. Another option is to bring this form and payment to the first class.

Insurance: Each Participant shall be covered by his/her own policy. There will be **NO PARTICIPATION** without proof of insurance.

Name of Insurance\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_