Boonton Township Recreation



***Yoga & Relaxation***

# ***Yoga will stretch and strengthen your muscles, realign and strengthen your bones, and give you time to slow down, relax and reduce stress. Keeping stress levels low is not only good for your***

# ***psyche, it is also good for your immune system. During these 6 weeks, we will do gentle yoga and incorporate relaxation techniques. Each class will be a time for yourself- to regenerate, refresh and renew inner calm and strength. New and continuing students welcome.***

# Linda Tironi, a yoga instructor of 20 years and currently the Owner of Soul II Soul Health and Wellness, LLC & The Place of Peace Private Day Retreat Facility in Hampton Twp, NJ

# Will be working with Boonton in offering 6 week yoga sessions!

# Tuesday and/or Thursday Evenings

Tuesdays: 7:30-8:30 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

Thursdays: 6:30-7:30 9/19 9/26, 10/3, 10/10, 10/17, 10/24

Rockaway Valley School

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\*\*\*Please bring a mat or towel\*\*\*

$65 for 6 sessions or $120 for 12 sessions

One Night-$65

Monday and Saturdays $120

Mail the attached form and check made payable to: Rec. Dept., BT Municipal Building

155 Powerville Road, Boonton Township, NJ 07005 Attn:Yoga

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## Yoga: Fall Session 2019

## Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #(\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_E-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check the sessions:

Tuesdays\_\_\_\_\_\_\_\_\_ Thursdays\_\_\_\_\_\_\_\_\_ Both Sessions \_\_\_\_\_\_\_\_

Medical Information: (please use back of form, if more room is needed)

Health History (Check): \_\_\_Diabetes \_\_\_ Convulsions \_\_\_Heart Disease \_\_\_Asthma

\_\_\_Fainting \_\_\_Allergies \_\_\_ Other (please specify on back of form)

In the last 12 months have you had any serious injury or illness? (Circle one) Yes No

Date of Last physical: / / Are you under physician's care? (Circle one) Yes No

Parental/Guardian Permission

I, hereby give my approval for participation in all Boonton Township Recreation Department activities and assume all risks and hazard incidental to such participation, including medical treatment, and hereby agree to waive release, indemnify and to hold harmless the Boonton Township Recreation Department and its officers, coaches, sponsors, and other participants from liability, damage or claim, whether the result of negligence or other cause, except to the extent and in the amount covered by medical insurance obtained for and on behalf of the Boonton Township Recreation Department.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_