

Town of Mansfield 6 Park Row, Mansfield, Massachusetts 02048

Parks & Recreation

Sherri Gurnon, Director

KRIPALU YOGA MONDAY EVENING WINTER I SESSION

YOGA is the union between mind, body, and spirit. In addition to providing a relaxing stretch for the body, yoga helps us to be happier, healthier, less stressed, and more present. Classes begin with warm-up movements and breathing awareness to prepare for yoga posture and continue through a series of postures that stretch, strengthen, and balance your body. No previous experience is needed for this program. Your Program Instructor is Lisa Cohen, Ayurvedic Health Counselor and RYT-500.

> Registration begins Monday, October 29. You may register by email, phone, or in the Recreation Office.

WHO: Adults ages 18 and over

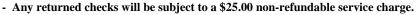
WHERE: Mansfield Arts & Education Center, 40 Balcom Street, Mansfield

WHEN: Monday evenings

December 10, 17, January 7, 14, 21, 28, & February 4, 11

TIME: 7:00-8:15pm

Residents: \$80; Non-Residents: \$90 FEE:



- Classes are limited to 15 participants
- Registration is on a "first come, first served" basis.
- You may register by email or phone. You then have 5 working days to send your check and registration form before your spot is relinquished. We accept cash or checks, checks payable to: Town of Mansfield.
- You may also register in person at the Town Hall at Six Park Row. The office is open Monday, Tuesday and Thursday from 8am to 4pm; Wednesday from 8am to 8pm and 8-noon Friday.
- You may drop your registration/payment at the Town's drop box located at the corner of Park Row and South Main Street. Please label envelopes for Recreation Department.
- REFUND POLICY: There is a \$10 non-refundable service charge on all refunds; refunds will not be granted once the program
- The Parks & Recreation Department reserves the right to cancel programs due to a lack of registration.
- Lisa Cohen is a Yoga Teacher certified at the 500 hour level by the Kripalu Center for Yoga & Health and is registered with the Yoga Alliance (YA). She is also an Ayurvedic Health Counselor certified by the National Ayurvedic Medical Association (NAMA), and is CPR/AED Certified through the American Heart Association.
- Students should wear loose fitting clothing and bring a yoga mat, a beach towel or blanket, and bottled water. Additional yoga props will be provided.

| MONDAY EVENING WINTER I SESSION | | | |
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| Name | | | |
| Address | | | |
| # Street | | Town | Zip Code |
| Phone | Email Address | | |
| Health Concerns: | | | |
| , , | on of Mansfield or any of its employees, volunteers, R ent of a mishap, personal injury, damage or loss of prop | The state of the s | creation Director or the Mansfield |
| Signature | Date | | |