



Town of Mansfield

6 Park Row, Mansfield, Massachusetts 02048

Parks & Recreation

Sherri Gurnon, Director

KRIPALU YOGA SATURDAY MORNING 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:** Saturday mornings
December 1, 8, 15, 22, 29, & January 5, 12, 19
- TIME:** 9:00-10:15am
- FEE:** Residents: \$80
Non-Residents: \$90



- **Any returned checks will be subject to a \$25.00 non-refundable service charge.**
- 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 has begun.
- 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.

SATURDAY MORNING WINTER I SESSION

Name _____

Address _____
Street Town Zip Code

Phone _____ Email Address _____

Health Concerns: _____

I, the undersigned, will not hold the Town of Mansfield or any of its employees, volunteers, Recreation Commission, Park & Recreation Director or the Mansfield Arts & Education Center, liable in the event of a mishap, personal injury, damage or loss of property during the above listed event.

Signature _____ Date _____