



# City of Milford, Connecticut

--Founded 1639 --

70 West River Street – Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

[www.milfordrecreation.org](http://www.milfordrecreation.org)



## **HATHA YOGA EXERCISE CLASSES – SUMMER 2012**

**Class is limited in size (45) and there are no refunds for missed classes.**

Experience the peace and relaxation in your body through Yoga. Hatha Yoga gives one confidence, restores vitality, reduces stress, enhances flexibility and aids in weight control. It is a wonderful and soothing experience that enables you to feel good both inside and out. Yoga helps to limber your body, calm your mind, develop strength and give you an overall sense of well-being.

Please make check payable to **"Milford Recreation Dept."**

#	CLASS	LOCATION	DAY	DATES	TIMES	INSTRUCTOR	RES.	NON RES
1	Hatha Yoga	MEC GYM	Mon.	7/9 - 8/20	6:30 PM	Dee Stephens	\$40	\$45

This is your receipt. Fee Paid: \$ \_\_\_\_\_ Date: \_\_\_\_\_ By: \_\_\_\_\_

-----DETACH HERE-----

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ DOB: \_\_\_\_\_

CITY: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

### **PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW**

*By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department, the instructors and agents of liability and suits at law or in equity resulting from this activity. I also give permission to the Recreation Department to use any photo or video taken of me/my children during participation in this program; for use in print, digital or web based promotional materials.*

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

#	CLASS	PAYMENT	INITIAL
1	Hatha Yoga		

“Building a Community Through People, Parks, and Programs”  
The Benefits Are Endless