



Middletown Teacher Center

441 East Main Street • Middletown, NY 10940

Phone: 845-326-1320 • Fax: 845-326-1319

Email: middletowntc@yahoo.com • Website: www.middletowntc.org

Yoga



Instructor: Kathleen Helhoski - Certified Yoga instructor

Target Audience: Adult Men & Women over 18 years of age

Time: 6:00pm - 7:15pm

Location: William A. Carter Elementary School Library

Dates: January 10, 12, 17, 19, 24, 26, 31, February 2, 7, 9, 14, 16, 21, 23, 28,
March 1, 6, 8, 13, 15, 2012 (snow dates: March 20 & 22, 2012)

This is a 10 week session, classes meet two times a week, Tuesday & Thursday

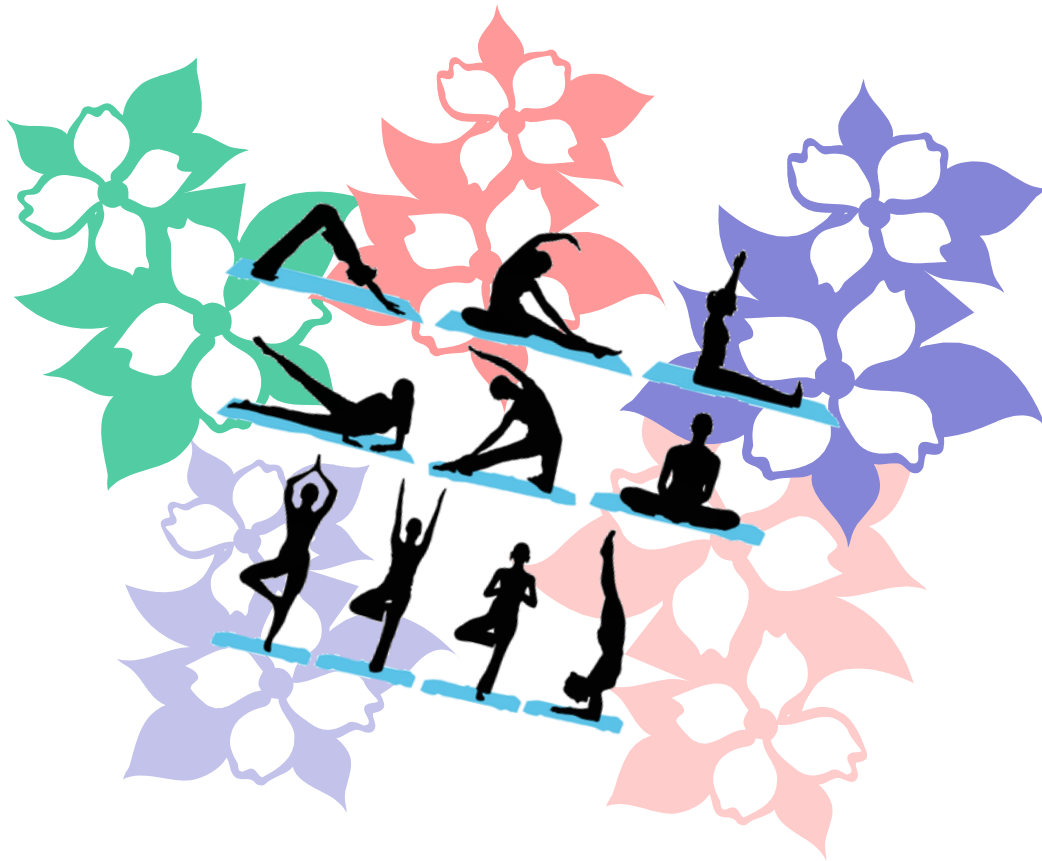
Fee: \$100.00 for 20 classes, \$65.00 for 10 classes

Items needed for class: mat, water, a small blanket or towel for certain sitting positions, wear loose fitting, comfortable clothes. Please refrain from eating prior to class.

Registration is on a first come first serve basis. In order to guarantee your place in the class, payment in full is required along with the registration form. (Form is on back.)

Maximum number of participants: 20

Yoga is a discipline that challenges and calms the body, the mind and the spirit. Look to increase flexibility, strength, and balance through gentle dynamic movement, coordinated with breath and adaptations to individual needs. The combination of physical postures (asana) and breathing exercises (pranayama) stretches and strengthens the body and clears the mind. This open yoga class is appropriate for all levels, movement, breath and relaxation are adapted for all. The needs and abilities of each student are respected in an atmosphere free of expectations.



Please be aware that this activity is for personal enrichment. No inservice/salary credit will be granted.

Confirmation notices will be sent to email address indicated below.

Registration Form - Yoga

Please return this portion along with payment to the Middletown Teacher Center

Acceptable forms of payment: cash or check.

Checks should be made out to the Middletown Teacher Center.

- 10 classes/\$65.00
- 20 classes/\$100.00

Name _____

Middletown School District staff Members, School Building _____

Work Phone _____

Home Phone _____

E-mail _____