

**New? 1st
Class is
FREE**

HATHA YOGA



Looking for a Yoga class?

Time: 5:30-6:45pm

Date: Every Thursday

Where? Burl Pks & Rec Ctr.

- ◆ Open to all levels for ages 13 & up
- ◆ A blend of traditional Hatha Yoga poses
- ◆ Emphasis on breath and inner awareness

YogaFit-trained instructor Sherry Thostenson will help you achieve your goals of stress relief, strengthening, and improved balance which are all vital to our daily lives.

Held at the Burlington Parks and Recreation Center 900 E. Fairhaven Ave. Use **West Entrance** off of Holly St.



Burlington Parks and Recreation 360-755-9649

**Burlington Parks and Recreation Center
Community Room (Old Library Space)
West Entrance off of Holly St.
900 E. Fairhaven Ave
Burlington, WA 98233**

**Registration is easy!
Three Options:**

- ◆ Phone us 755-9649
- ◆ Sign up that night (arrive 10 min early)
- ◆ Mail in this form.

Registration Form

Hatha Yoga

With Sherry Thostenson



- \$10.00 Drop-in Fee
- \$24.00 for the whole month of: _____
(Payable on 1st or 2nd Thursday of the Month only)
- FREE (First time participants only)

Cash: \$ _____ Check# _____ Today's Date: _____
Visa / Mastercard# _____ - _____ - _____ Exp: _____ / _____
3-Digit Numeric (from signature panel) _____ Billing Zip Code: _____

First time participants:

Name: _____ Daytime Phone: _____
Mailing Address: _____
City/Zip Code: _____
Email: _____

Hold Harmless Statement:

In consideration of registration acceptance, I hereby for myself, my child or children when applicable, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my children may have against the City of Burlington, their Elected Officials, Employees, Instructors and Agents for any and all injuries suffered by myself or my children while going to, participating in or returning from this activity. I have read this statement and my signature below verifies my and my child's acceptance of these conditions. I realize there is no personal injury insurance. PHOTO RELEASE: I grant full permission to use any photographs of this program in promotion of the Burlington Parks and Recreation Department.

Your printed name: _____ Daytime Phone: _____

Your signature: _____