

Yoga

Licensed Instructor: LuCinda Fisher

YOGA IS A GREAT WAY TO STRENGTHEN THE BODY AND GAIN MORE FLEXIBILITY. THIS IMPROVES YOUR POSTURE AND BALANCE. WOULD YOU LIKE TO EXPERIENCE A VARIETY OF YOGA. THIS CLASS WILL OFFER YOU A DIFFERENT TYPE OF YOGA EACH WEEK. IT IS FUN AND CHALLENGING, BUT NO NEED TO WORRY ABOUT IT BEING TOO STRENUOUS. YOU ARE IN CONTROL OF HOW MUCH YOUR BODY CAN AND WILL DO.

WHEN: Oct. 18th –Nov. 22nd (May continue after Nov. 22nd)

DAYS OF THE WEEK: Wednesdays

TIME: 6:00-6:45 p.m.

WHERE: Nevis School

FEES: \$36 for full session

REGISTRATION: REQUIRED!

REGISTRATION FORM *Nevis Community Education* PO Box 138, Nevis, MN 56467 awhite@nevis.k12.mn.us
Alex White—Nevis Community Education Coordinator 218-652-3500 ext. 108

Name: _____ **Grade:** _____

Program: _____ **FEE:** _____

Guardian: _____

Address: _____

City: _____ **Zip:** _____

Phone: (Day) _____ (Evening) _____

E-mail Address: _____

<p>Method of Payment: Checks payable to Nevis School</p> <p>Check #: _____</p> <p>Cash: _____</p>
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COMPLETE & RETURN WITH PAYMENT TO REGISTER

The following MUST be signed by all class participants age 18 and older, or by a parent or guardian of any participant under the age of 18.

I CERTIFY THAT MY DEPENDENT LISTED ABOVE (Check one)

_____ IS ADEQUATELY INSURED or _____ DOES NOT HAVE INSURANCE, BUT I ASSUME ALL LEGAL RESPONSIBILITY FOR INJURIES/ACCIDENTS

ARISING THERE FROM. **SIGNATURE:** _____ **DATE:** _____