

Harrison Recreation Presents
Yoga sculpt with Joya Harold



Name: _____

Phone Number: _____

Address: _____

E-Mail: _____

2016/17 Harrison resident Id (if applicable): _____

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, relief of muscle tension and stress. Participation in yoga classes includes, but not limited to meditation techniques, breathing techniques and performing various yoga postures. Yoga postures are designed to stretch and tone muscles and to increase flexibility. As is the case with any physical activity, the risk of injury, serious or disabling is always present and cannot be entirely eliminated. By signing my name below I acknowledge that participation in yoga class exposes me to possible risk of injury. I am fully aware of this risk and release Joya Harold from any liability, negligence and other claims arising from or connected in any way to my yoga class. My signature verifies I am physically fit to participate in yoga classes and a licensed medical doctor has verified my physical condition for participation in this type of class. If I am pregnant or become pregnant my signature verifies that I am participating in yoga class with my Dr.'s approval. My signature is binding to this liability waiver from this day forth.

Signature/Date: _____



Harrison Recreation Presents
Yoga Sculpt with Joya Harold, registered 200 hr. RYT and
Barre Instructor

- Strengthen your mind and your body in this yoga class that focuses on moving with your breath.
- We will work on balance, strength and flexibility as well as core conditioning.
- We will incorporate light weights to sculpt and lengthen muscles.
- All levels are welcome!
- Please bring a yoga mat and a set of light weights (1-2 lbs.).
- Stretch the stress of the day away!!

Dates: Wednesday nights 7:30-8:30 pm, beginning 10/19-12/21

Location: Leo Mintzer Center, 251 Underhill Avenue, West Harrison, NY 10604

Cost: 10 weeks/ \$80 or \$10 walk in.

Contact: Joya Harold, 914-830-5861 or joyaharold@hotmail.com to sign up or with any questions.