



Fall Yoga

The Cecil County Parks & Recreation Department invites you to attend an eight week Yoga session.

Yoga is the practice of 'Union' for the body, mind, and spirit. The practice consists of Poses (Asana) - Breath Control (Pranayama) - Relaxation (Savasana)

Classes will be guided by Robin Waddell CYT/RYT

Participants should bring with them a mat, water and small towel. It is suggested to wear comfortable clothing - recommended nothing to close to the neck and something that allows you to move freely.

Please try not to eat at minimum two hours before your practice. A piece of fruit is ok if needed.

Please note this is not a Pre-natal Yoga Session. Please contact the office/u= instructor for Prenatal Yoga.

- Days: Monday evenings 6:15pm - 7:30pm
Wednesday evenings 7:00 - 8:15 pm
- Dates: Monday's : Nov. 9, 16, 23, 30, Dec. 7, 14, 21, 28
- Dates: Wednesday's : Nov. 11, 18, 25, Dec. 2, 9, 16, 23, 30
- Cost: \$ 30.00 for each eight week session
- Location: Community Center at 17 Wilson Road Rising Sun, MD 21911

Class size is limited so please register early to ensure a spot

Mail Registration along with payment to: 17 Wilson Road Rising Sun, MD 21911
for information call 410-392-4537 or 410-658-3000

with checks made payable to: Treasurer of Cecil County
There will be a \$5.00 processing charge on all refunds

TEAR HERE

Fall Yoga

Name: _____

Address: _____

Phone number: _____ Email: _____

I, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Cecil County Government its representatives, successors, and assigns for any and all injuries suffered by myself at the activities for which I am requesting. I give permission for myself to be photographed while participating or attending a Parks & Recreation activity. I understand that photos may be used in future publicity.

Signature: _____ Date: _____

