

2016 Fall Yoga  
with Harpswell Recreation and  
Body and Soul Yoga of Harpswell



We are offering Hatha Yoga for a six week fall session.

Learn to breathe, stretch gently to increase flexibility, relax more deeply, strengthen the body and improve balance. All levels are welcome. No experience necessary.

Instructor Janet Alexander has 14 years of teaching experience and 22 years as a practitioner.

This is a six-week class with a drop in option.

Date	Time	Location
Thursday 9/15, 9/22, 9/29, 10/13, 10/20	10:00—11:15 am	Harpswell Town Office
Thursday 10/6	10:00—11:15 am	Harpswell Heritage Land Trust

- Make-up classes are available regardless of which class you are registered for. Sorry, there are no refunds after classes begin.
- Class credits are offered on a case by case basis at the discretion of the instructor.

FMI - Contact Recreation Director-Gina Perow 833-5771 or  
recreation@town.harpswell.me.us or

Instructor-Janet Alexander 729-8842 or  
janetsbalexander@gmail.com

\*Please make checks payable to Town of Harpswell\*

2016 Fall Yoga @ the Town Office

R4189  
\$66/\$15

Checks payable to Town of Harpswell

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Full Class (\$66) \_\_\_\_\_ Drop In (\$15) \_\_\_\_\_

**Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless**

Each person signing below understands that participation in the Town of Harpswell ("Town") program, activity and/or special event can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that the Town, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) occurring during or arising out of participation in any Town program, activity and/or special event. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Town program, activity and/or special event. Each person signing below hereby releases and agrees to indemnify and hold harmless the Town, its agents, officers and employees, and Janet Alexander from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) that may arise or occur during or in connection with said program.

Signature \_\_\_\_\_ Date \_\_\_\_\_