

2016 Pay-As-You-Go Yoga
with Harpswell Recreation and
Body and Soul Yoga of Harpswell



We are offering Hatha Yoga for a January/February 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.

If you are anything like I am, you keep asking yourself when this winter will begin! We may be fooling ourselves, but it seems silly not to roll out our mats together when winter so far is tame this year. Of course, this can change in the blink of an eye! So as always check emails before leaving for classes.

Thursday classes at the Town Office:
All classes 10:00—11:15 am

March 3
March 10
March 17
March 24

Classes will be pay-as-you-go of \$11 per session.

**** If the weather is an issue
please check emails before leaving for class.****

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

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

2016 Pay-As-You-Go Yoga @ the Town Office R4189
Checks payable to Town of Harpswell \$_____

Name _____

Address _____

Phone _____

Email _____

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|--------------------------|----------|------|
| <input type="checkbox"/> | MARCH 3 | \$11 |
| <input type="checkbox"/> | MARCH 10 | \$11 |
| <input type="checkbox"/> | MARCH 17 | \$11 |
| <input type="checkbox"/> | MARCH 24 | \$11 |

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 _____