



Town of Mansfield

6 Park Row, Mansfield, Massachusetts 02048

Parks & Recreation

Sherri Hutton Gurnon, Director

KRIPALU YOGA SATURDAY MORNING FALL SESSION

YOGA is the union between mind, body, and spirit. In addition to providing a relaxing stretch for the body, yoga helps us to be happier, healthier, less stressed, and more present. Classes begin with warm-up movements and breathing awareness to prepare for yoga posture and continue through a series of postures that stretch, strengthen, and balance your body. No previous experience is needed for participation in this program.

Your Program Instructor is Lisa Cohen, Ayurvedic Health Counselor and RYT-500 and is CPR/AED Certified through the American Heart Association.

Students are required to bring their own yoga mat, a blanket or beach towel, as well as two yoga blocks and an 8 foot yoga strap.

• Registration begins Monday, July 26 •

- WHO:** Adults ages 18+
- WHERE:** Mansfield Arts & Education Center, 40 Balcom Street, Mansfield
- WHEN:** Saturday Mornings
September 18; October 2, 16, 23, 30; November 6, 13, 20
- TIME:** 9:00-10:15am
- FEE:** Residents: \$100; Non-Residents: \$110
(returned checks will be subject to a \$25.00 non-refundable service charge)



- Classes are limited to 15 participants & registration is on a "first come, first served" basis
- You may register in person at the Town Hall at Six Park Row. The office is open Monday, Tuesday and Thursday from 8am to 4pm; Wednesday from 8am-8pm and 8-noon Friday, your registration/payment may be left in the Town Payment Drop Box located at the corner of Park Row and South Main Street, please label your envelope Recreation, or you may register online at <https://www.mansfieldma.com/232/Parks-Recreation>.
- **REFUND POLICY:** There are no refunds once registered, no exceptions
- The Parks & Recreation Department reserves the right to cancel programs due to a lack of registration.

Yoga participants must adhere to the following guidelines,

- Participants must show no signs or symptoms of COVID-19 for 14 days to attend/participate. Current list of symptoms can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

SATURDAY MORNING FALL YOGA

Name _____

Address _____
Street Town Zip Code

Primary Phone _____ Email Address _____

I, the undersigned, will not hold the Town of Mansfield or any of its employees, volunteers, Recreation Commission, Recreation Director, or the Mansfield Arts & Education Center, liable in the event of a mishap, personal injury, damage or loss of property during the above listed event.

Signature _____ Date _____