



Chair Yoga

Chair Yoga offers the same benefits of traditional yoga without weight bearing or floor work. All poses & exercises are practiced while sitting in a chair or standing using a chair for support. This class is suitable for people with arthritis, back, hip or knee injuries, impaired balance & other physical limitations. The **Health Benefits** of regular yoga practice are numerous, it improves strength & flexibility, relieves pain & reduces stress, helps with inflammation and increases circulation. **Wellness for Everybody!** Please wear comfortable clothing and bring a water bottle to class.

ENERGY



STRENGTH



POWER



POTENTIAL

INSTRUCTOR: Ellen Cohen, Registered Yoga Instructor
LOCATION: William J. Vescio Community Center – Lower Level
DAY/TIME: Mondays 9:30 – 10:30 AM
DATES: October 16, 23, 30 November 6, 13, 20, 27 December 4
FEES: \$52.00 – Eight (8) one-hour sessions Village Residents (VBMR)
\$65.00 – School District Residents (BMSD) Non-Residents (NONR)



REGISTRATON: Registration begins Thursday, September 7th at 9:00 AM. Registration may be done online, in person at the Recreation Office, or by using our drop box located outside of the WJV Community Center. Space for all programs is limited and will be handled on a first-come first-served basis. In person and online registration will occur simultaneously. The drop box will be processed with the days' mail. Note: For those who do not have an existing online account, you must create an account through our Registration software CivicRec at <https://secure.recl.com/NY/briarcliff-manor-ny/catalog>.

Chair Yoga - Fall 2023

Fees: \$52.00 Village of Briarcliff Residents and \$65.00 Non- resident (BMSD/NONR)

NAME: _____ PHONE: _____

FULL ADDRESS: _____

E-MAIL ADDRESS: _____ CELL PHONE: _____

EMERGENCY CONTACT/RELATIONSHIP: _____

EMERGENCY CONTACT E-MAIL: _____ PHONE: _____

The undersigned hereby recognizes that there are inherent risks involved with participation in this program and agrees to release and hold harmless the Village of Briarcliff Manor, its employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above-named person may sustain as a result of participation.

Signature

METHOD OF PAYMENT: CASH CHECK # _____ CREDIT CARD ** (will incur an additional 3% or a \$2 min. fee)

Checks payable to: Village of Briarcliff Manor (\$20 fee for returned checks)

** Credit Card information below is shredded after processing.

DATE: _____ AMOUNT: _____ RECEIPT#: _____

Credit Card #: _____ Exp. Date: _____ CVV _____ Cardholder Signature: _____