



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street

Croton-on-Hudson, NY 10520

Phone: 271-3006 Hours: M-Fri 8:30-4:00



SPRING / SUMMER 2024 / ADULT

# GENTLE YOGA WITH ALEXA

Gentle Hatha yoga with Alexa- a class for all levels and practices, new and seasoned yogis are welcome. Explore yoga from the inside out- using breathwork, somatic and interoceptive practices for chronic stress release as well as mindful asana.

This class will end with a 5-minute meditation.

**GENTLE YOGA w/ ALEXA (Sundays)**

**Act# 2192 Sec 1**

**Dates:** Sundays, beginning May 5 for 6 sessions

**Times:** 11:15 AM-12:15PM No Class May 26 – ending June 9

**Location:** Municipal Building, Recreation Conference Room

**Fee:** \$95.00 Village Residents  
\$105.00 School Dist / Non-Res

**Registration Deadline:** April 29

**Instructor:** Alexa Wolkoff, RYT



**Spring / Summer 2024 \* GENTLE YOGA W/ ALEXA \* Act # 2192 Sec 1**  
Amount: \$95 Village Resident / \$105 School District / Non-Resident (Checks Payable "Village of Croton")

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Name & Phone #: \_\_\_\_\_

I hereby recognize that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their 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. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: \_\_\_\_\_



Date: \_\_\_\_\_

**Online Registration: [www.crotononhudson-ny.gov/recreation-parks](http://www.crotononhudson-ny.gov/recreation-parks)**