



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

HATHA YOGA WITH ALEXA

Join Alexa for open level Hatha yoga, on Sunday Mornings from 10:00 – 11:00 AM. Enjoy a slow moving, yet vigorous class for students with some prior yoga asana experience. Movement, breathwork, meditation and mindfulness are incorporated into each class.

HATHA YOGA w/ ALEXA (Sundays)

- Dates:** Sundays, beginning May 5 for 6 sessions
- Times:** 10:00AM - 11:00 AM 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

Act# 2191 Sec 1



Spring / Summer 2024 * HATHA YOGA W/ ALEXA * Act # 2191 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