



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

VINYASA YOGA FLOW WITH CATHY

Join Cathy for Vinyasa Yoga Flow on Monday evenings.

Vinyasa Yoga Flow, an energizing class - students of all levels are welcome.

Enjoy a playlist of upbeat music and dharma weaved throughout.

This uplifting class is designed to increase strength, balance, flexibility,
in community with other Yoga practitioners.

VINYASA YOGA FLOW WITH CATHY

Act# 2199 Sec I

Dates: Mondays, beginning April 29 for **6 sessions**
(Skip May 27 - ending June 10)

Time: 7:00 - 8:00 PM

Location: Municipal Building, Recreation Conference Room

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

Registration Deadline: April 22

Instructor: Cathy Deutchman RYT, 200-hour in Vinyasa Yoga



Spring / Summer 2024 * VINYASA YOGA FLOW WITH CATHY * Act # 2199 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