



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

YIN YOGA WITH KRISTY

Join Kristy on Wednesday mornings for Yin Yoga.

Yin Yoga focuses on the release of the body's connective tissue, fascia. Awareness of the breath and mind allows the body to sink into a pose with little effort. This is a quiet, slow practice where poses are held for 3- 5 minutes. This class requires no prior experience, designed for students of all levels.

YIN YOGA W/ KRISTY

Act# 2196 Sec 1

Dates: Wednesdays, beginning April 24 for **6 sessions**

Time: 10:00AM - 11:00 AM

Location: Municipal Building, Recreation Conference Room

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

Registration Deadline: April 10

Instructor: Kristy Cohen, CKYT, CVA, M.Ed.



Spring / Summer 2024 * YIN YOGA WITH KRISTY * Act # 2196 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