



**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**



**WINTER 2024 / ADULT**

**SLOW FLOW YOGA WITH ALEXA**

**Gentle, Slow Flow Yoga, join Alexa at the end of the day to slow down, reconnect and recalibrate. This is a slow, mindful flow class which is suitable for beginners as well as seasoned practitioners. Meditation and restorative poses are part of each class.**

**SLOW FLOW YOGA w/ ALEXA (Evening)**

**Act# 2188 Sec 3**

**Dates:** Thursdays, beginning January 18 for 8 sessions  
*No Class February 22*

**Time:** 5:30 - 6:30 PM

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

**Fee:** \$125.00 Village Residents / \$135.00 School Dist/Non-Res

**Registration Deadline:** January 11

**Instructor:** Alexa Wolkoff, RYT



**Winter 2024 \* SLOW FLOW YOGA W/ ALEXA \* Act # 2188 Sec 3**

Amount: \$125 Village Resident / \$135 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)**