



**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**

**RISE & SHINE YOGA WITH ALEXA**

Rise & Shine Yoga with Alexa, is an uplifting class, catering to students with some prior experience. Supine, seated and standing poses are incorporated into each class as well as breathwork and meditation. Release tension and restore balance – all while quieting the mind.

**RISE & SHINE YOGA w/ ALEXA**

**Act# 2197 Sec 3**

**Dates:** **Fridays**, beginning January 19 for **8 sessions**

*No Class February 23*

**Time:** 9:00 - 10:00 AM

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

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

**Registration Deadline:** January 12

**Instructor:** Alexa Wolkoff, RYT



**Winter 2024 \* RISE & SHINE YOGA W/ ALEXA \* Act # 2197 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)**