



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

HATHA YOGA WITH ALEXA

Join instructor Alexa for Hatha Yoga, a nurturing class designed for students of all levels. Practice stretches, breath work and simple yoga poses. Focus on the healing effects of breath, proper alignment and positive energy. Release tension, build strength and reduce stress

HATHA YOGA w/ ALEXA (Sundays)

Act# 2187 Sec 3

Dates: **Sundays**, beginning January 21 for **8 sessions**
No Class February 18 & February 25

Time: 10:00AM - 11:00 AM

Location: Municipal Building, Recreation Conference Room

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

Registration Deadline: January 14

Instructor: Alexa Wolkoff, RYT



Winter 2024 * HATHA YOGA W/ ALEXA * Act # 2187 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