



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

VINYASA YOGA WITH CATHY

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 w/ Cathy (Evening)

Act# 2199 Sec 2

Dates: Mondays, beginning January 22 for 8 sessions

No Class February 19

Time: 7:00 - 8:00 PM

Location: Municipal Building, Recreation Conference Room

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

Registration Deadline:

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



Winter 2024 * VINYASA YOGA FLOW W/ CATHY * Act # 2199 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