



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



GENTLE YOGA WITH KRISTY

Join Yoga Instructor Kristy for Gentle Slow Flow Yoga.

Enjoy a gentle flow of yoga poses that build energy combined with Yin postures that allow for a slow deep release. This class requires no prior experience, designed for students of all levels.

GENTLE YOGA FLOW w/ KRISTY

Act# 2196 Sec 3

Dates: Wednesdays, beginning January 10 for 10 sessions

No Class February 21

Time: 9:30AM -10:30 AM

Location: Municipal Building, Recreation Conference Room

Fee: \$155.00 Village Residents
\$165.00 School Dist / Non-Residents

Registration Deadline: January 3

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



Winter 2024 * YIN YOGA W/ KRISTY * Act # 2196 Sec 3

Amount: \$155 Village Resident / \$165 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