Beginner and Power Yoga

The City of St. Johns Recreation Department is accepting registrations for Beginner and Power Yoga Classes. The beginner yoga class is designed to help each student feel confident and safe using yoga as a way to increase strength, stamina, and flexibility, improve circulation, posture and increase energy. Additional props will be used.

The power yoga class is for all levels and is designed to open the body, mind and spirit. The class will also teach pranayama (breathing techniques), meditation, and traditional yoga philosophy in addition to physical yoga postures.

There will be two 6-week sessions. Power yoga will be offered on Monday nights and beginner yoga will be offered on Wednesday.

Session 1 will start the week of September 15th and end the week of October 20th.

Session 2 will start the week of October 27th and end December 1 for power yoga and December 10 for beginner yoga with no class on November 26th.

All classes meet from 6:30 pm to 8:00 pm at the Wilson Center Auditorium. You must bring your own yoga mats for either class.

Cost for each class for a 6-week session is $55 for city resident and $65 for non-city resident. Register for both sessions and get $10 off. Drop in rates $10 city residents and $12 non-city residents. Individuals over the age of 60 will receive $5 off per session. Must reside within the City Limits to qualify as a City Resident. You may have a St. Johns mailing address but not live within the city limits.

Make Checks Payable and Mail to: City of St. Johns P.O. Box 477 St. Johns, MI 48879

Registration Form for all activities

Parent/ Guardian Name _____E-mail Address_____

Address_____

City State Zip

Home Phone_____ Work_____

I would like to volunteer/coach for the following youth program. _____

I recognize that my participation in sporting activities and athletic competition subjects me to certain risks of physical injury. I hereby assume this risk as my own and all responsibility for any such injuries as they relate to said participation in sports/**recreational** activities on City property **or properties used for City recreational activities.** By signing this document I agree to waive any rights or claims I may have for damages arising from injuries I may receive while participating in recreational events sponsored or supported by the City of St. Johns and/or the St. Johns Recreation Department. I hold harmless the City of St. Johns and any of its employees or agents from all such claims, lawsuits, actions and/or damages.

Parent/Guardian Signature_____ Date_____

Participant's Name	Activity	Session/Date	Time	Grade	Level	Days	Program Fee	Total Fee