

Ridgewood Parks and Recreation presents:

“Little Light Yoga”



Join Nicole Linn, as she introduces yoga and mindfulness to middle school students with a fun, interactive approach. Pre-teens will experience a sense of connection, learn how to use their breath, move their bodies, increase focus, all while cherishing the act of relaxation, leading to a happier, healthier teen.

Registration is open to all middle school students (boys and girls), grades 6 thru 8.

Pat Mancuso Senior Lounge, Ridgewood Community Center

Village Hall, 131 N. Maple Ave., Ridgewood, NJ

Wednesdays - 4:00pm to 4:45pm

September 18, 25 October 2, (No 9), 16, 23, 30

\$120/6 classes (\$130 non-residents)

Please bring a mat and water.

Call 201-670-5500 ext 301 for more details.

Follow us on:



Program Registration - Online at www.ridgewoodnj.net/communitypass

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Please make checks payable to: **Ridgewood Parks and Recreation**

Name _____

Telephone _____

Address _____

Program: Fall Little Light Yoga

Email _____

Check # _____ Cash _____

Emergency Contact _____ Telephone _____ Allergies/Conditions _____

I agree to participate in the above Village approved Recreation activity. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident insurance.

Participant Signature _____

Parent Signature (if under 18 years of age) _____