

# North Salem Recreation Dept Vinyasa Flow Yoga

WITH BEATRICE HALSTEAD, RYT

A 60 MINUTE BASIC YOGA SEQUENCE INCORPORATING  
MOVEMENT WITH BREATH. IMPROVE ALIGNMENT,  
STRENGTH AND FLEXIBILITY THROUGH VARIOUS  
POSES PROVIDING A CLEARER AND CALMER MIND.



MONDAYS AND WEDNESDAYS 9:30 AM TO 10:30 AM  
MARCH 23 - JUNE 1  
NORTH SALEM FIREHOUSE, 301 TITICUS ROAD  
\$135 1 X WEEK / 10 WEEKS  
\$215 2 X WEEK / 10 WEEKS

TO REGISTER GO TO

<https://www.northsalemny.org/recreation/pages/adult-programs>

(914)669-5665 Recreation@NorthSalemNY.org

# NORTH SALEM RECREATION DEPARTMENT

## Adult Fitness Classes – Spring 2020

I am registering for: *(Circle below and choose day when applicable)*

<b>Spring Yinrestorative Yoga</b> Tuesdays 6:30-7:45pm North Salem Firehouse 10 weeks – 3/24-6/2 (no class 4/7) Instructor: Jaime Roche Fee: \$215 – 1x per week	<b>Vinyasa Flow Yoga</b> Mon and/or Wed 9:30-10:30am North Salem Firehouse 10 weeks – 3/23-6/3 (no class 4/6 & 4/8) Instructor: Beatrice Halstead Fee: \$135 - 1x per week \$215 - 2x per week <i>Choose one:</i> <input type="checkbox"/> Monday \$135 <input type="checkbox"/> Wednesday \$135 <input type="checkbox"/> Both Days \$215
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**DEADLINE: 3/18/2020**

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Cell/ Other \_\_\_\_\_

Email address \_\_\_\_\_

I hereby release the Town of North Salem, it's officials, employees and volunteers of any liability whatsoever in connection with any damages and or injuries that I or any of my family may sustain as a result of participation in the programs of the North Salem Recreation Department. A full refund will be given if the Recreation Department cancels this program prior to the start date.

It is my responsibility to check with my doctor to ensure this program is right for me. All participate at their own risk. The Town of North Salem does not carry insurance to cover hospitalization or medical costs of persons injured while participating in any Recreational Programs.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**Please return form and payment to the North Salem Recreation Department:**

270 Titicus Rd, North Salem, NY 10560

Make check payable to: North Salem Recreation

For more information - call (914)669-5665 or [Recreation@northsalemny.org](mailto:Recreation@northsalemny.org)