

Yoga For The Whole Family

This Yoga class is designed so that all your family members, ages 5 and up, can participate together, cultivating a joyful, bonding experience. Each class will begin with 15 minutes of “Laughter Yoga” exercise, followed by 45 minutes of “Hatha Yoga.”

Laughter Yoga is a powerful aerobic workout which combines laughter exercises with deep yogic breathing to enhance well-being. **Laughter Yoga** will help bring out the “Inner Spirit of Laughter,” as well as teach how to laugh even when we don’t feel like laughing.

Hatha Yoga is the most popular form of Yoga practice in US. It has been practiced for thousands of years and everyone can participate safely to improve health and wellness. No prior experience is needed.

Instructor: Chun Kim-Levin, MPA, RN-HN, Certified Yoga Teacher, Body-Centred Therapist. Yoga retreat and wellness workshop leader.

Where: PV Town Park (pavilion field), 156 Oscawana Lake Rd.

When: 6 p.m. 6/3, 6/10, 6/17, 6/24

Fee: Adults \$30, Children 12-and-under \$15



Participant’s Last Name _____ First _____

Birth Date _____ Grade _____ Sex _____

Mailing Address _____

Home Phone# _____ Cell# _____ Emerg.# _____

Primary E-mail Address (Must have) _____

I hereby give my permission for my child to participate in the town sponsored Program. I certify that WE are physically fit and that I will not hold PVPR or its agencies and/or representatives liable for any accidents and/or injuries incurred during the course of the program. I do hereby release the Town of Putnam Valley, its staff and instructors from all liabilities, including claim and suits of law or equity for any injuries, which result directly or indirectly by reason of participation in these activities. I am aware the Town of Putnam Valley does not provide accident insurance.

PARENT/GUARDIAN SIGNATURE _____ DATE _____