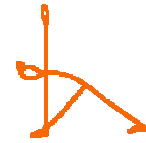


YOGA



2009 Sessions: Yoga for all; Men, Women & Children.

Not sure about Yoga? Try a class. If you decide not to register, the trial class is free.

THIS IS NOT CHILD CARE. STAFF CANNOT DETAIN YOUTH WISHING TO LEAVE AT ANY TIME.
(12 & under w/ parents)



Instructor: *Tammy Hamilton, RYT*

Traditional Yoga

Yoga is for everyone! Whether you already practice or are just starting out, this class is for you. We'll focus on alignment and safety, and teach you how to form your own home practice. Join us to improve your physical fitness and reduce stress. Please bring a yoga mat, strap and block.

Mail registration & payment to...or purchase before class begins

<p>Laura Lewis 20,000 York Road Parkton, MD 21120</p>	<p>Payable to "Seventh District Recreation Council" Memo Line: YOGA</p>
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<p>Classes meet on Thursdays</p> <p>February-April: MD Line Volunteer Fire Company May-October: Seventh District Elementary School November-December: MD Line Volunteer Fire Company</p> <p>Traditional Yoga: 6:30pm - 8:00pm</p>	<p>8 - Classes Card</p> <p>\$ 72</p> <p>There are no refunds Card expires after 3-months</p>
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Class begins promptly. Sticky mats are available on loan from the Seventh District Recreation Council upon request.

Should you require special accommodations (ie. Sign language interpreter, large print, etc.) please give as much notice as possible by calling the Therapeutic Recreation Office, (410)887-5370 (voice) or (410)887-5319 (TTY).



Brought to you year-round by the Seventh District Recreation Council
Check www.SeventhDistrictRec.com for program updates
Chair Person: Laura N. Lewis SDRCyoga@yahoo.com (410) 917-2505

