

Harrison Recreation Department
Town/Village of Harrison
1 Heineman Place, Harrison, NY 10528

Yoga



For Girls, Ages 12-16
Sollazzo Center
March 29th thru April 1st
1:30 pm – 3:00 pm

Fee: \$60.00 payable to Harrison Youth Activity

Learn the fundamental principles of Yoga and Meditation and how they can be useful tools in releasing Stress from the body and the mind.
Girls should wear comfortable clothes and if you own a Yoga mat, bring it or a blanket

Instructor Lucretia Sessano is a Certified Yoga Instructor with two years of teaching experience. Lucretia has been practicing Yoga and studying the philosophy of Yoga for ten years. She has been working with the Girl Scouts for the past year teaching them how to Stress Less. Please call Lucretia at 879-1096 for further information.

YOGA CLASS

Name _____ Phone _____

Address _____ Zip _____

Age _____ Parent Harrison 2010 ID# _____

Email Address _____

Waiver of Liability:

We, the parents or legal guardian of the child named above, hereby give our consent to her participation. We release the Recreation Department, Town/Village of Harrison, Harrison Central School District and related personnel from any responsibility should any mishap occur.

Signature of Parent/Guardian:

X _____ Date: ____ / ____ /2010