

yoga

Get out. Get going.

CITY OF KEARNEY PARK & RECREATION

KPR PO Box 1180 / Kearney, NE 68848 / 2005 1st Avenue / 308-237-4644 / Mon. - Fri. 8am-5pm / www.cityofkearney.org



2015 Winter Session



Gentle Stretch focuses on flexibility, balance, and strength and is for seniors or those who have limited mobility. All movement is done from the floor and standing, assistance of a chair can be made available to aide getting up and down.

Gentle Flow T'ai Chi is done from a chair and from standing and is a great class for seniors or those who have limited mobility. Focus will be on flexibility, range of motion, balance, mobility and strength. There will be an emphasis on relaxation and deep breathing.

Yoga Intermediate/Advanced is a vinyasa practice that combines music, breath and challenging fluid movements while working towards a vigorous workout, increased flexibility and a blissed filled mind. Prior yoga experience is preferred.

Harmony Yoga for Women is a class to restore harmony and balance in body and mind, so one can open more readily to the joyful possibilities of life and experience deeper levels of self-awareness. Participants must be able to comfortably get up and down from the floor. Some yoga experience preferred.

Prenatal Yoga is designed to energize your body, relax your mind, and promote an overall sense of well-being. A healthy, flexible body along with a clear, calm mind is a tool you will want to be able to call on during labor and birth. Please consult your physician or midwife prior to participation.

Classes are taught by Helen Albrecht and Joanell Mueller, both certified Hatha Yoga Teachers and registered instructors with the Yoga Alliance. Minimum: 8, Maximum: 15.

Please register at least 3 working days prior to start of each session.

Ages: Open

Location: Harmon Park Activity Center

#218 Gentle Stretch (\$55)	12:00-1:00pm	Friday	Jan. 9-Feb. 13
#219 Gentle Stretch (\$55)	12:00-1:00pm	Friday	Feb. 20-Apr. 3 (*No class on 3/27)
#220 Gentle Flow (\$50)	9:30-10:30am	Tuesday	Jan. 6-Feb. 10
#221 Gentle Flow (\$50)	9:30-10:30am	Tuesday	Feb. 17-March 31 (*No class on 3/24)
#222 Int./Adv. (\$64)	6:00-7:15pm	Tuesday	Jan. 6-Feb. 17 (*No class on 1/27)
#223 Int./Adv. (\$64)	6:00-7:15pm	Tuesday	Mar. 3-Apr. 14 (*No class on 3/24)
#224 Prenatal (\$60)	5:30-6:30pm	Thursday	Jan. 8-Feb. 12
#225 Prenatal (\$60)	5:30-6:30pm	Thursday	Feb. 19-Apr. 2 (*No class on 3/26)
#226 Harmony (\$60)	6:45-8:00pm	Thursday	Jan. 8-Feb. 12
#227 Harmony (\$60)	6:45-8:00pm	Thursday	Feb. 19-April 2 (*No class on 3/26)

registration form

RETURN THIS FORM WITH FEE TO: KPR PO Box 1180 / Kearney, NE 68848 / 2005 1st Avenue / 308-237-4644 / Mon. - Fri. 8am-5pm / www.cityofkearney.org

Method of Payment Check Enclosed ☐ Cash enclosed ☐ Make Checks Payable to "City of Kearney"

Visa® ☐ Mastercard® ☐ Discover® ☐ Credit Card # Exp. Date CCV#
3 DIGIT CODE ON BACK OF CARD AUTHORIZED SIGNATURE

FAMILY NAME HOME PHONE WORK PHONE EMAIL
ADDRESS CITY STATE ZIP



PARTICIPANT'S NAME	M/F	AGE	DATE OF BIRTH	GRADE	SCHOOL	PROGRAM #	ACTIVITY	FEE
								\$
								\$

Please describe any special needs or accommodations that you or your child may require

TOTAL \$

NOTE: YOU WILL NOT BE MAILED A WRITTEN RECEIPT. ASSUME THAT YOU ARE IN THE ACTIVITY UNLESS OTHERWISE NOTIFIED.

PARTICIPANT RELEASE STATEMENT: We understand the activities that my family has enrolled in, and I hereby give my permission and consent for their participation.

Furthermore, I recognize that proper care of equipment, fields and adequate supervision will be provided, but that inherent in these activities is a degree of assumption of risk.

I do hereby absolve, release and agree to hold harmless and City of Kearney, its sponsors, leaders, agents and volunteers from liability claims in case of accidents to all family members enrolled in these programs.

PHOTO PERMISSION: We the parents or participating individual, grant permission for pictures to be used in the City of Kearney Park & Recreation publicity materials.

PARENT/GUARDIAN/ADULT PARTICIPANT SIGNATURE: DATE:

Official Use