

yoga

Yoga Awareness

Instructor: Nancy Michaels



6 Thursdays
December 3 - January 21, 2010
(No class Dec. 24 & Dec. 31)
10:00 - 11:30 AM

Yoga is creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

Class Fee: \$45 Members + \$17 YWCA Membership

The YWCA reserves the right to cancel any program due to insufficient registration. In the event of cancellation, program fees (minus membership) will be refunded. Refunds (minus \$5 processing fee) will also be given for illness certified in writing by a physician. For a copy of the complete refund policy, contact the YWCA.

YWCA Westmoreland County

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**eliminating racism
empowering women
ywca**

-----Please Complete and Return to the YWCA-----
Yoga Awareness (Dec-Jan 2010; 10:00-11:30 AM)

Name: _____ Phone: _____

Address: _____

E-Mail Address: _____

YES Please send me E-mails about upcoming YWCA events/classes **No** I do not want to receive E-mails

Indemnity Agreement: I agree to hold the YWCA, its agents, officers, and employees, harmless from any and all liability claims, judgements, damages, or injuries to my person and/or property from any participation in this activity.

Please sign and date: _____