



Pre-register by mail: P.O. Box 280 Tyngsboro MA 01879 ~ 92 Middlesex Rd, Tyngsboro MA 01879 978-649-2833

**Pre-teen/Teen & Adult Yoga**

**Cleanse your mind and soul in this gentle yoga class – Hatha style. Gain strength and flexibility, as you learn relaxation techniques, breathing exercises and basic yoga poses. Bring a yoga mat and a water bottle. Also, please wear loose, comfortable clothing.**

**APPLICATION FOR 6 WEEK YOGA WORKSHOP**

**\$75 single or \$125 couple**

**6 consecutive Sundays beginning October 4<sup>th</sup> from 6-7 PM**

**Check one of the following:**

**SINGLE \_\_\_\_\_ (\$75)      COUPLE \_\_\_\_\_ (\$125)**

**Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_**

**Phone: \_\_\_\_\_ Email: \_\_\_\_\_**

**How did you hear about Dance North? \_\_\_\_\_**

**Experience if applicable: \_\_\_\_\_**

The studio and instructors are not liable for personal injuries or loss or damage to personal property. Any student may decline to participate in any activity. Please inform your instructor of any physical limitations or conditions you may have.

**Signature: \_\_\_\_\_ Date: \_\_\_\_\_**  
Parent Signature if under 18

**Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_**

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