



YOGA IN THE PARK!

“Be one with nature” in the beautiful setting of Freedom Park, Town of LaGrange.

This beginner/intermediate Yoga program will focus on proper breathing and various asanas (poses) for strength, balance, flexibility, and relaxation. The benefits of a Yoga practice include improving your balance, strength, range of motion/flexibility, breathing, blood circulation, and posture, as well as reducing stress! Join the Town of LaGrange Parks and Recreation Dept., and LAT Training, for a fun and relaxing time and reap the benefits of Yoga! All adults are welcome.

Where: Freedom Park Bandshell, Skidmore Road, LaGrange

When: Wednesdays, 6:00-7:00 p.m., from June 30 through August 4.

Cost: \$55.00 for six sessions. Walk-ins welcome at \$10 per class, if space permits.

Instructor: Leigh Toth, owner of LAT Training, certified Yoga instructor, certified personal trainer, and credentialed group exercise instructor.

Registration: Class size is limited. Pre-registration is suggested!

Specifics: Bring a Yoga mat and water. Wear comfortable clothing. Classes will be held rain or shine since we are covered by the bandshell. **Questions? Contact Leigh Toth at (845) 309-4528 or lattraining@hvc.rr.com**

-----Pre-registration Form -----

Yoga In The Park! Freedom Park Cost: \$55.00 Wednesdays 6:00-7:00 p.m. June 30 thru Aug 4, 2010

Name _____

Address _____

Phone _____ E-mail _____

RELEASE & AGREEMENT

I, the undersigned, hereby agree to participate in an exercise class and/or program offered by LAT Training (Leigh Toth). I understand that there are inherent risks in participating in a program of exercise. I warrant and represent that I am in acceptable health and that I may participate in the program.

I agree that LAT Training (Leigh Toth) and the Town of LaGrange shall not be liable or responsible for any injuries to me or illnesses, loss, damage, or death resulting from my participation in the program; and I expressly release, waive, and discharge LAT Training (Leigh Toth), agents, and assigns, and Town of LaGrange, from all claims, actions, or judgments which I or my heirs, executors, administrators or assigns may have or claim to have against LAT Training (Leigh Toth) and/or its agents or assigns and Town of LaGrange for all injuries, illnesses or other damage which may occur in connection with my participation in the program. This release shall be binding upon my heirs, executors, administrators, and assigns. I acknowledge this release whether harm is caused by the negligence of the releasees or otherwise.

I assume full responsibility, during and after my participation, for my choice to use or apply, at my own risk, any part of the instruction that I receive. I have read this release and agreement and I understand all of its terms. I execute it voluntarily and with full knowledge of its significance.

Signature

Date



Make check payable to: LAT Training

Mail to: Leigh Toth/LAT Training
22 Molly's Way
Salt Point, NY 12578