

Portland Parks & Recreation

P.O. Box 71

Portland, CT 06480

860-342-6757

860-342-6763 Fax



YOGA



Join Diana for an all levels YOGA flow with a foundation in deepening your relationship with yourself. Diana will guide you in stretching, strengthening, and relaxing the body while finding your Prana; your breath; your life force. This well-rounded and moderately paced class incorporates longer holds that accommodate the beginner through experienced yogi. There will be a focus on proper alignment as yogic themes are woven in to the asana practice designed to promote self-care & the integration of the mind, body & spirit. Modifications will be used in order to assist all practitioners to find their pose. Some pranayama (Breath) practice and restorative postures will also be utilized to gain a deeper sense of relaxation. Honor your body, come into the present, & allow your breath to guide you on your mat. Find what feels good & make this time for yourself – because you deserve it!

Diana Schneider is a 200 hour Yoga Alliance Registered Teacher (RYT-200) and a Licensed Marriage & Family Therapist. She has been personally practicing Yoga for over 10 years. Diana fuses her therapeutic foundation with the art of Yoga in order to provide students with an accessible, holistic healing approach. She enjoys merging the use of essential oils into her Yoga teaching, allowing students to engage all of their senses and land deeper into the present moment. She is known to use yogic themes & principles in her classes to promote self-care and to create an environment for yogis of all levels to feel comfortable & supported

Winter Session

Held at the Buck Foreman Comm. Center

Tuesdays

February 7 to April 25

5:45 to 6:45 p.m.

\$84 for a 12 week session

Minimum of 6 students please

For Program Updates &/Or Cancellations, please call the Hot Line 860-262-7234

ADULT FITNESS INFORMATION WAIVER

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

www.portlandct.org

Participant's Name: _____ Phone Number: _____

Street Address _____ Apt. # _____ Town: _____ Zip Code: _____

Emergency Contact (If Desired): _____

Home Phone # _____ **Work Phone:** _____ **Cell Phone #** _____

In case of an emergency, may we transport via ambulance? Please circle: Yes No

	<u>Program(s)</u>	<u>Date & Time</u>	<u>Fee</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland **DO NOT** assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

(Print Name)

(Signature)

(Date)