

Gentle Yoga at Lunch

Winter 2019

These Gentle Yoga classes will focus on breath control, simple meditation, and the adoption of specific bodily postures, for health and relaxation. Hatha yoga focuses on stretching and aligning the body, and helps with the promotion of balance and flexibility. For the 10 weeks we will explore different postures, stretches and relaxation techniques. Class is led by Farhana Meghji, who has over 10 years experience teaching yoga. Participants will need to provide their own yoga mat.

Dates: Wednesday January 9, 2019 – March 13, 2019 (10 Classes)

Time: 12:10 p.m. – 12:50 p.m.

Site: Cornwall Civic Complex

Cost: \$68.00/Full Session or \$8.00 drop-in fee + tax

NAME _____ AGE _____ GENDER _____

ADDRESS _____

CITY _____ POSTAL CODE _____

DATE OF BIRTH DAY _____ MONTH _____ YEAR _____

PHONE (HOME) _____ (WORK) _____

FAMILY MAIN CONTACT _____ PHONE _____

PLEASE INDICATE ANY SERIOUS MEDICAL PROBLEM: _____

E-MAIL _____

Fee Structure: (Please check)

Best Value - 10 Sessions
\$68.00 (Includes HST)

\$8.00 Drop in Fee (Plus HST)

- payable at Aquatic Centre Desk before each class

OFFICE USE ONLY

PAID BY:

Cash Credit
 Debit Other

Amount _____

Date _____

Signed _____

RECREATION SERVICES REFUND POLICY

A full refund to be granted if program is cancelled. The department reserves the right to cancel programs due to insufficient registration.

1. A partial refund to be granted, other than for medical reasons, if notification received 48 hours prior to first class.
2. All refunds subject to a \$5.00 administration fee and to be pro-rated.
3. All refund requests due to medical reasons must be accompanied by a medical certificate and must be received prior to halfway through the session.
4. Allow four weeks for processing.

CLASS PROGRAM CANCELLATION:

In the event that classes are cancelled every attempt will be made to contact participants in advance.

Classes that are cancelled due to Civic Holidays, Statutory Holidays, Special Events will not be re-scheduled. Participants must attend only the class in which they are formally registered. We regret we cannot accommodate requests for make up classes at other times. There are no refunds for classes re-scheduled by the department; participants must attend that class.

The City of Cornwall will not be responsible for any medical, dental or hospital bills or any other expenses caused by injury to any person participating in the Cornwall Recreation Services programs. This being understood, registrant and parents hereby agree and save harmless and indemnify the City of Cornwall from claims for injuries.

REGISTRANT SIGNATURE