



**The Stoneham Recreation Department offering
Six-week evening Yoga Classes
Ray Conte - Instructor**

Yoga is an ancient system of practices that help develop control over the mind and body. It teaches us to quiet the mind, become aware of our breath and body and stimulate the energy within ourselves. This series of classes, offered by Pathway Yoga Systems, is ideal for all fitness levels, and will address the whole being, mind, body and spirit, providing tools for relaxation, stress relief and improved energy flow through the body. These six week sessions will teach breathing and relaxation techniques as well as meditation and gentle poses/exercises to improve the energy flow within the body, reduce stress on the nervous system and releases tension.

Session 1: Tuesday's March 23, 30, April 6, 13, 27 and May 4 2010
Time: 5:30 PM to 6:30 PM (Tai Chi runs 6:30 to 7:30 p.m.)
Location: Stoneham Public Library, Stoneham Room
Cost: \$75.00 per session; also sign up for Tai Chi for an additional \$50.00
2 classes for \$125.00, a savings of \$25.00
Checks payable to: Town of Stoneham

It's easy to get started. Just complete the form below, attach your payment and mail to: Christine DelRossi, Recreation Coordinator, Town Hall, 35 Central Street, Stoneham, MA 02180. Phone inquiries: (781) 279-2630 or e-mail: cdelrossi@ci.stoneham.ma.us

Please arrive at **5:15 PM on the first day of class** and bring a yoga/exercise mat, light blanket and bottled water. Be sure to wear comfortable clothing (i.e. elastic waistbands).

Please register early! Class size will be limited to 20 participants; **a minimum of 5 participants is required to run this class.** Please register in advance. Drop-ins are welcome for \$15 per class.

Please register me for the Yoga Class (and Tai Chi). Attached is my payment of \$_____, Payable to the Town of Stoneham. I agree to hold harmless the Town of Stoneham, Stoneham Recreation, its employees or agents from any loss or accident resulting from such participation.

Name (print): _____ Signature: _____

Address: _____ Phone Number: _____

Cell Phone: _____ e-mail address: _____

Return to: Christine DelRossi, Recreation Coordinator, Town Hall 35 Central St. Stoneham. MA 02180