

YOGA

FOR CHARITY

SUMMER THURSDAYS 4 PM

June 15, 22, 29 • July 13, 20, 27 • Aug. 3, 10, 17

Good Shepherd Church

867 Grays Woods Blvd, Port Matilda, PA 16870

Donations will be Accepted for Charitable Causes

Gentile Yoga • Hatha Yoga • Vinyasa

Learn the basics and build a yoga practice to fit your personal needs.

Welcome • All Abilities • All Ages

Instructor: Teresa Martin RYT200, www.ArtistTeresaMartin.com/Yoga

- This will be my first time to practice yoga.
- I have done yoga before and consider myself a beginner.
- I have done yoga before.
- I am an experienced yogi!

PARTICIPANT AGREEMENT

I understand that my participation in Yoga Class involves movements, exercises and postures of my body that I am not familiar with, and may possibly cause pain or even injury. I hereby certify that I am in good health and/or have permission to participate in classes. I hereby knowingly assume the aforesaid risks and I waive and release my rights and claims against Teresa S. Martin, RYT200 and any other yoga teacher who may substitute for the above mentioned; from any mishaps, pain or injuries which may arise from my participation in any classes, and from any accidents arising from being on the premises where the yoga classes are being conducted by the above mentioned instructor or his/her substitute. I take full responsibility for myself and for my personal belongings.

Date: _____

Print Name: _____

Sign Name: _____

Print Email: _____