Chatham Community Center

Seated Yoga with Jennifra Norton

Instructor: Jennifra Norton

Jennifra has studied yoga since 1999 and is a certified Kripalu yoga instructor, trained at the Kripalu Center in Lenox, MA.

Who: Anyone! All levels welcomed!

When: Tuesdays 10:30 – 11:30 A.M.
Location: Community Center Serving Room

Registration Fee: $10 per class

Description: In this class Jennifra leads gentle yoga postures while seated or using the chair for support and stability. This practice allows those who either cannot or choose not to get down on the floor to realize the benefits of yoga, including gentle stretching and movement for increased range of motion, body awareness and acceptance as well as intentional breathing.

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Chair Yoga with Jennifra Norton

Name: _____ D.O.B._____

Residential Address:_____
Street Address (required) Town (Chatham, North, South, West, Port?)

Mailing Address:_____
Street#/P.O. Box Town State Zip

Home #: _____ Work/Cell #: _____ _____

Email Address: _____

Emergency Contact: _____ Telephone #:_____

Physician: _____ Telephone #:_____

Are there any allergies, medications or health issues that we should know about?

In consideration of your accepting my entry, I, the undersigned adult participant, intending to be legally bound do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Town of Chatham, its contractors, instructors, aides, their successors, representatives and assigns, for any and all injuries suffered as a result of traveling to and from and while participating in the above named program. Further, I give my permission to receive medical treatment in the event of injury while participating in the above named program. In the absence of a signature below, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the waiver. I agree that pictures taken during program hours may be used for future promotional purposes.

_____ Date: _____
Signature

Registration Form Received By: _____ Date: _____