

HILLSDALE RECREATION brings you:

Beach Bliss Yoga

With Daybreak Yoga by Dawn

6 week series at Sandy Beach
Baw Beese Lake
300 Waterworks Drive
Hillsdale, MI 49242

Saturdays at 9:30 a.m.
July 14, 21, 28 and August 4, 11, 18

Connecting with nature, the balance of cool sand and warm sun can also balance the mind - a perfect purpose of yoga.

Enhancing the already calming technique of being near water, this soothing, inspiring, and restorative flow will be a state of calm to your five senses. Connect your mind, body, and environment.

Please bring a mat, large beach towel, sunscreen, and water.

NAME: _____
ADDRESS: _____
eMAIL: _____
PHONE: _____

WAIVER: I, the undersigned, hereby agree to release the City of Hillsdale and their staff, coaches and other volunteers of all claims of damages, demands, or actions whatsoever in any matter arising from my child's participation in this program. I also understand that at any time I may be asked and must provide proof of my child's age. I clearly understand that if I cannot provide proof of my child's age in a timely manner, he or she will be suspended from play until I do so. Photographs may be taken at certain Recreation Department/Hillsdale Cardio activities, and, unless signed, written objections are received, photos/videos may be reproduced for publication.

Signature _____ Date _____

(Make check out to: Hillsdale Recreation Department)

Return this form to:

Hillsdale Recreation Department
97 N. Broad St.
Hillsdale, MI 49242
(517) 437-6457