

Sunday Relax & Restore

90-minutes of Deep Relaxation and Hands-On Assists
with RYT Amy Rollfs & Ben Kellman

No Experience Required



In these 90-minute Sunday afternoon sessions participants will be guided through gentle breath work, a slow, mindful warm-up designed to prepare the mind and body for deep relaxation followed by four to five supported shapes/poses.

Blocks, blankets and bolsters (provided) will be used to support the body completely, encouraging the release of tension and stress, allowing participants to rest both physically and mentally, and helping to shift the body and mind out of a state of chronic stress to a state of relaxation where the body's own innate ability to heal itself can work it's magic.

Experience is NOT required. Anyone who is interested in learning to combat stress, eliminate physical and emotional tension and restore their sense of well being is welcome.

Optional hands-on assists will be offered including gentle body work and Reiki.

Some benefits of Restorative Yoga:

- ✓ Releases tension & stress
- ✓ Lowers stress
- ✓ Restores a sense of well being.

Membership & experience ARE NOT required!

Sundays, 2-3:30 pm

April 14 ~ May 19 ~

June 2

Register for one or all!

Min. 8, Limited to 17 ~ Pre-register to save your spot!

YANG'S

FITNESS & WELLNESS

5 Dundee Park ~ Andover, MA 01810 ~ 978.475.2020

www.YangsFitness.com

Register in advance guarantee your spot! Limit 17.



Sundays, 2 - 3:30 pm

Name: _____ Phone: (____) _____
Email: _____ D.O.B. ____/____/____

New & non-current members, please complete below:

Address: _____ City: _____ State: _____ Zip: _____

Are there any health/medical concerns we should be aware of? _____

How did you find out about this workshop? _____

REFUND POLICY:
NON-REFUNDABLE
7 days prior to workshop
ANY REFUNDS ARE
SUBJECT TO A 10%
PROCESSING FEE.

Member	Non-Member
Per Workshop	
<input type="checkbox"/> \$ 20	<input type="checkbox"/> \$ 25
Day of (space permitting)	
<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 35

Please Indicate Workshop Dates:

____ April 14
____ May 19
____ June 2

Total: \$ _____

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, it's owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

Participant Signature (Parent/Guardian if under 18)

Date

Date rec'd ____/____/____ \$ _____ via _____ taken by _____