

# BReathe ... Yoga in the Park



Yoga benefits the mind, body, and spirit! In addition to the obvious physical benefits of improving flexibility, muscle strength, and perfecting posture, yoga is also known to sharpen concentration, reduce stress and anxiety, and increase self-esteem. Bridgewater and Raritan residents in grades 5 - 8 can reap all of these benefits and more in our new yoga program designed especially for them. The program will be held outdoors on Thursday evenings at 6:30 p.m. Yoga mats will be provided for each participant. Come breathe with us!

**For:** Bridgewater and Raritan Residents in Grades 5 – 8 (2018-19 school year)

**Dates:** Thursdays, September 13, 20, October 4, 11, 18, 2018 *No yoga 9/27. Inclement weather make-up date 10/25.*

**Time:** 6:45 p.m. – 7:30 p.m.

**Location:** 1000 Turf, Bridgewater-Raritan High School

**Cost:** \$10.00 Bridgewater Residents, \$20.00 Raritan Residents

*Checks payable to "Bridgewater Township"*

Registration is limited and on a first come, first served basis at the Bridgewater Recreation Department, 100 Commons Way - early registration is highly recommended. You may bring your registration directly to the Recreation office at 100 Commons Way, mail in your completed, signed form and check, or place it in the Recreation drop slot located on the Garretson Road side of the Municipal Complex.

Bridgewater Recreation 100 Commons Way Bridgewater, NJ 08807 (908)725-6373 [www.bridgewaternj.gov](http://www.bridgewaternj.gov) 9am to 5pm Monday – Thursday 8am to 5pm Fridays

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**BReathe 2018** *\$10.00 Bridgewater Residents, \$20 Raritan Residents  
Checks payable to Bridgewater Township*

Participant Last Name First Name Grade (2018- 2019 school year)

Street Address Town Zip Code

Home Phone # Parent Cell # Parent Work #

Email Address(es) *please print legibly, program information will be sent via email*

If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations.  
 Yes, I will need to be notified regarding special considerations for my child.

Please note that the Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

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**Parent Signature** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Date**