

Meditation & Breathing



For Bridgewater and Raritan Residents ages 16 - Adult

Please join us at an ideal retreat for Mental Health! This 4 week session will alternate between meditation and breathing (pranayama) techniques for better stress and anxiety control. Meditation can provide many additional benefits as well, including anger management, confidence in public speaking, and insights into handling respiratory issues and allergies. No prior experience is required to attend this blissful program! Our instructor, Shalini Rajamani, has 20 years of teaching experience and is also a speaker, mentor, and wellness coach.

Dates: Thursdays, September 13, 20, October 4, 11, 2018

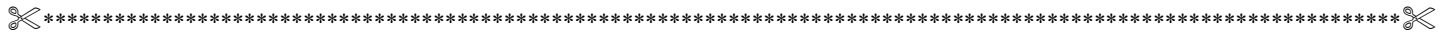
Time: 8:00 p.m. – 8:30 p.m.

Location: Bridgewater-Raritan High School, Small Cafeteria

Cost: \$30.00, payable to “Rajamani Yoga” *checks only please*

Registration is limited and on a first come, first served basis at the Bridgewater Recreation Department – 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 Department 100 Commons Way, Bridgewater NJ 08807 www.bridgewaternj.gov (908)725-6373 9am – 5pm Monday – Thursday 8am – 5pm Fridays



Meditation Fall 2018

\$30 payable to “Rajamani Yoga” *checks only*

Last Name First Name D.O.B.

Street Address Town Zip

Home Phone # Cell Phone # Work Phone #

Email Address (please print legibly)

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 contacted regarding special considerations.

Please note that 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 participating. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Participant Signature (or Parent/Guardian if under 18)

_____/_____/_____
Date