

MEDITATION For MINDFULNESS

EXPERIENCE THE POWER OF
MEDITATION. IT CAN LEAD TO A
DEEP LEVEL OF
SELF-UNDERSTANDING, SELF LOVE,
AND LIBERATION.

Learn different approaches of meditation as well as techniques to stay focused and mindful. Important tools in this fast paced world where we are constantly bombarded by information and stimulus. Meditation not only sharpens the mind but is also a great stress reliever.

T/Th 5:30-6:30 9/3-10/10

T/Th 5:30-6:30 10/15-11/21.

Registration Deadline: the Friday before. \$70 per session. \$15.00 drop in.

FOR MORE INFORMATION OR TO REGISTER CALL 440.461.5163 OR ONLINE AT
[HTTP://WWW.MAYFIELDVILLAGE.COM/RECREATION/](http://www.mayfieldvillage.com/recreation/)



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Meditation For Mindfulness

First Name _____ Last Name _____

Address _____
(street) (city) (zip)

Home Ph _____ Cell Ph _____ Work Ph _____

D.O.B _____ Male or Female _____ Grade (fall '19) _____ Parent Email _____

Total Due for Session \$ _____

Total Due \$ _____

MC/Visa/Discover: _____ Ex.Date _____ Code _____

I hereby release and hold harmless Mayfield Village including but not limited to Mayfield Village Parks and Recreation and all employees, agents and representatives from any and all claims, costs, damages, and liabilities for any injuries sustained by me and any additional individuals I sign up to participate in any program offered by Mayfield Village Parks and Recreation. I understand that any fees charged for a program do not include accident or personal property insurance. I further represent that I and additional individuals signed above are physically capable of participating in the program in which I or the above signed individuals are enrolled, based upon consultation with my personal physician. Further, in the event of any injury, I hereby GIVE MY PERMISSION and consent and authorize emergency first aid/or hospital care or treatment for myself or above listed individuals if deemed necessary by qualified medical or emergency personnel, or by said employees, agents, or representatives of Mayfield Village including but not limited to the Recreation Department and further agree to assume all expenses for said treatment. Lastly, I permit Mayfield Village to use photographic images myself, son and/or daughter in marketing and promotional material in Mayfield Village's Parks and Recreation Spring/Summer Parks and Recreation Brochure, the Village's newsletter or on the Mayfield Village on-line website and social media sites. If you would like to request that you and/or your child's photographic image not be used, you will need to contact the Recreation Department and submit your request in writing.

Waiver Signature: _____ Date: _____