

# Mayfield Village Parks & Recreation

## Adult, Family and Kids Yoga



### ADULT YOGA

(16 yrs +) Yoga helps build the foundation for a healthy lifestyle by calming the mind and strengthening the body. This class focuses on building strength, flexibility, balance and improves concentration through yoga poses and yoga sequences. You will learn about breath control, meditation and proper alignment. All levels welcome and please bring a mat. Instructor Shanna Brown is a Registered 500 Hour Yoga Teacher with Yoga Alliance since 2016 and she is KAY (Kidding Around Yoga) Teacher certified. Shanna has personally experienced the transformative benefits of mindfulness, yoga, and relaxation, which she shares with her students.

S 9:00-10:00 A 4/6-5/4 Spring 1 \$40 (except 4/20)  
S 9:00-10:00 A 5/11-6/1 Spring 2 \$40  
S 9:00-10:00 A 6/8-6/29 Summer 1 \$40

### KIDS YOGA

(4-10 yrs) Kids yoga is an opportunity for children to build the foundation for a healthy and fit lifestyle in a fun, non-competitive environment. Yoga helps children build confidence, strength, flexibility, and improve concentration. Yoga teaches body awareness as children explore various yoga poses and sequences. This class will focus on relaxation techniques, fun games, simple breathing, meditation and partner poses. Instructor Shanna Brown is a Registered 500 Hour Yoga Teacher with Yoga Alliance since 2016 and she is KAY (Kidding Around Yoga) Teacher certified. Shanna's effusive and effervescent smile reflects the energy and passion she feels for teaching. Bring a yoga mat. Minimum of 4 participants. Register by 3/29.

S 10:30-11:30 A 4/6-5/4 Spring 1 \$40 (except 4/20)  
S 10:30-11:30 A 5/11-6/1 Spring 2 \$40

### FAMILY YOGA

(3-12 year olds with at least one participating adult) Family Yoga strengthens family connections, brings peace to our busy schedules, and benefits our health and well-being in a fun way. Caregivers and children both participate. This class focuses on relaxation techniques, engaging games, partner poses, simple breathing, mindfulness activities, and a relaxing family savasana. Please bring a yoga mat. No experience required. Don't miss out on this opportunity for fun family bonding! Instructor Shanna Brown is a Registered 500 Hour Yoga Teacher with Yoga Alliance since 2016 and she is KAY (Kidding Around Yoga) Teacher certified. Shanna has personally experienced the transformative benefits of mindfulness, yoga, and relaxation, which she shares with her students.

S 10:30-11:30 A 6/8-6/29 Summer 1 \$40  
S 10:30-11:30 A 7/6-7/27 Summer 2 \$40

**For more information or to  
register call 440.461.5163**

**[Mayfieldvillage.com/recreation](http://Mayfieldvillage.com/recreation)**

**Registration Information:**

**Cash, Check (payable to Mayfield Village), MC/Visa/Disc.**

**Online: [mayfieldvillage.com/recreation](http://mayfieldvillage.com/recreation)**

**Phone: 440.461.5163**

**Fax: 440.461.2231**

**Mail/In Person:**

**Mayfield Village Parks & Recreation**

**6622 Wilson Mills Rd.**

**Mayfield Village, OH 44143**

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**Yoga at The Grove registration Form-Spring/summer 2018. Please print clearly.**

Participant's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: M F

Home Phone \_\_\_\_\_ Alt # \_\_\_\_\_

Address \_\_\_\_\_  
(street) (city) (zip)

Shirt Size: YM YL AS AM AL

Parent(s) Email Address(es) \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Code \_\_\_\_\_

**(Mastercard/visa/discover)**

I (parent/guardian/caregiver) herby release and hold harmless Mayfield Village including but not limited to the Parks and Recreation Department, Mayfield City School District/Bd. Of Education, and all employees, agents, and representatives from any and all claims, cost, damages, and liabilities for any injuries sustained by myself (parent/guardian/caregiver) or my minor child's or adult's participation in any program offered by Mayfield Village Recreation Department, Mayfield City and School District/Bd. Of Education . I (parent/guardian/caregiver) understand that any fees charged for a program do not include accident, or personal property insurance. I further represent that I (parent/guardian/caregiver) and my child/adult are physically capable of participating in the program in which I (parent/guardian/caregiver) or my child /adult are enrolled, based upon consultation with my or my child's/adult's personal physician.

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