



Flow Yoga

When: Monday Evenings 6:30pm

**Where: Echo Lake Pavilion
(1225 Maxim Southard Road)**

Program Dates:

May 7, 14, 21 June 4, & 11

Only \$30 for one 5 week session

Class taught by Tracy Hill

Flow yoga is a relaxing workout that is a complete detoxification and toning of all the muscles in the body. It massages all organs in the body while increasing flexibility & lubrication of the joints, ligaments, & tendons. Yoga improves circulation, stimulates the abdominal organs, and puts pressure on the glandular system of the body, which can generally result to better health.



Participant Name: _____

Address: _____ **Zip Code:** _____

Phone #: _____ **Cell #:** _____

Date of Birth: _____ **Email address:** _____

Program Registering For: _____

Medical Conditions: _____

Current Medication: _____

EMERGENCY CONTACT:

Name: _____ **Relation:** _____

Phone #: _____ **Cell #:** _____

** The PAL Accident Insurance Policy maintained by the PAL is secondary in coverage. Any and all claims must first be submitted to the claimant's primary health insurance carrier.*

*** I grant the Howell Township / PAL Program the right to use any and all photographs of myself and/or my child participating in a Department sponsored activity. By registering with Howell Township/ PAL Program, I acknowledge that I have read, understood, and agreed with the above disclaimer.*

Applicant's Signature

Please PRINT full name

Date

CHECK _____ **CASH** _____ **RECEIPT** _____ **RECEIVED BY** _____

Make checks payable to Howell PAL* *Programs are run based off enrollment

All refunds are governed by the Howell Township Refund Guidelines & Procedures