

# RESTORATIVE YOGA NIDRA CLASS



A Yoga class that is designed to help relax and soothe your body and mind with gentle stretching and poses.

OFFERED TO: Adults 18 & Up

DATE/TIME: Starting January 8, 2018  
Mondays/Wednesdays  
5:30PM-6:30PM

LOCATION: Peltier Park Rec Center—Small Room

MONTHLY FEE: In the City Limits \$15  
Out of the City Limits \$25

INSTRUCTOR: Cindy Becnel

Please bring your own yoga mat. Pillow / Blanket optional.

## **City of Thibodaux Parks and Recreation Department**

\*\*\*Register at the Peltier Park Recreation Center Monday—

Friday 8:00AM-NOON and 1:00PM-4:00PM

\*\*\*For more information, please call the Parks and Recreation Department at  
985-446-7235.

**RESTORATIVE YOGA NIDRA  
Participant Summary Information Sheet**

<b>LAST NAME:</b>	<b>FIRST NAME:</b>	<b>D.O.B.</b>
<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>
<b>ADDRESS:</b>	<b>CITY:</b>	<b>ZIP:</b>
<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>
<b>PRIMARY CONTACT NUMBER:</b>	<b>SECONDARY CONTACT NUMBER:</b>	
(    )	(    )	
<b>E-MAIL ADDRESS:</b>		
<input style="width:95%;" type="text"/>		
<b>PERSON TO NOTIFY FOR EMERGENCY:</b>		
<b>NAME:</b>	<b>RELATIONSHIP:</b>	<b>CONTACT NUMBER:</b>
<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>
<b>2018 REGISTRATION FORM</b>		
<i>Classes Held every (Monday/Wednesday)</i>		
<i>Peltier Park -Small Room</i>		
<b>5:30PM-6:30PM</b>		

<b>FOR OFFICIAL USE ONLY:</b>					
MONTH	CASH	CK #	CREDIT	INITIAL/DATE	RECEIPT No.
JAN					
FEB					
MAR					
APR					
MAY					
JUNE					
JULY					
AUG					
SEPT					
OCT					
NOV					
DEC					

**“READ BEFORE SIGNING”**

State of Louisiana  
Parish of Lafourche

Date: \_\_\_\_\_, 2018

ACKNOWLEDGMENT

1. I, the undersigned, do hereby understand and acknowledge the following:
  - A. That participation in TREC Restorative Yoga Nidra Program requires a certain degree of physical exertion, exercise and endurance, which can be strenuous and tiring;
  - B. That as a result of the physical demands of the TREC Restorative Yoga Nidra Program, there is always the possibility of the occurrence of an accident and physical injury or the onset of injury which is gradual and which may not be immediately apparent.
2. Notwithstanding the above and in consideration of my being permitted to participate in TREC Restorative Yoga Nidra Program, at Peltier Park Recreation
3. Center I, Name: \_\_\_\_\_  
hereby agree to assume the risk of such accident and injury, regardless of fault, as a result of engaging in said TREC Restorative Yoga Nidra Program and to hold harmless, defend and indemnify the instructor, and/or any and all other part time or substitute instructors acting for and on behalf of the City of Thibodaux and the Thibodaux Parks and Recreation Department and their principals, agents, employees, representatives and assistants, of and from any claims that may be made or asserted by me or anyone on my behalf as a result of my engaging in TREC Restorative Yoga Nidra Program, held at Peltier Park Recreation Center, through the Thibodaux Parks and Recreation Department, whether or not such claims are made by way of indemnity, contribution, subrogation or otherwise.
4. I further declare that I know of no physical or medical condition which would prevent my participation in TREC Restorative Yoga Nidra Program classes or

which would cause me to sustain injury or illness as a result of such participation.

5. My family doctor is: \_\_\_\_\_

In case of any emergency contact:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone No.: \_\_\_\_\_

Read and signed this \_\_\_\_\_ day of \_\_\_\_\_, 2018, by

\_\_\_\_\_

**READ BEFORE SIGNING**