

De Soto Parks & Recreation

FALL 2023

YOGA

Fee: Early Fall (Tuesday) = \$18.00 Late Fall (Tuesday) = \$15.00
Early Fall (Thursday) = \$21.00 Late Fall (Thursday) = \$18.00

Date: Early Fall (Tuesday) = September 12 - October 17, 2023 - NO Class October 24
Early Fall (Thursday) = September 14 - October 26, 2023
Late Fall (Tuesday) = November 7 - December 19, 2023 - NO Class November 21 & December 5
Late Fall (Thursday) = November 9 - December 21, 2023 - NO Class November 23

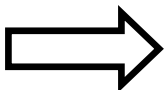
Time: 6:30pm - 7:30pm Location: De Soto Community Center - 32905 W. 84th St.

Description: Come take an hour out of your busy schedule to...Re-Set
Allow the body to detox, restore oxygen to muscle tissue, align the spine and rejuvenate as a whole.
The class is for all fitness and yoga skill levels

Equipment: We provide some exercise equipment, but if you have your own yoga gear, we encourage you to bring it with you. We do not provide specialty equipment.

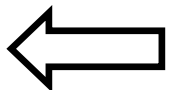
Instructor: Allison Block, received her yoga teaching certificate in the Spring of 2021, was introduced to yoga and the benefits it can have on the body in 2015. She trained in vinyasa style yoga but also teaches other forms, including hatha and adaptive.

PLEASE mark the class or classes you will be attending:



Early Fall - Tuesday
 Early Fall - Thursday

Late Fall - Tuesday
 Late Fall - Thursday



Release Statement: The undersigned states that he/she understands that the City of De Soto and any subcontractors hired by the city (hereinafter "released parties") are not and shall not be responsible for or liable for any illness, or injury to person or damage to property resulting from the program in which the undersigned is enrolling or being enrolled or from his/her participating in said program, and the participant and the undersigned, if the participant is a minor or under other legal disability, hereby forever releases and holds harmless the released parties, their employees, agents and representatives from any and all claims of any kind that the participant, or the undersigned or their respective heirs, executors, administrators, or assigns may have or claim to have resulting from participation in said program. Also, the undersigned and the participant authorize the City Parks and Recreation to use at its discretion any photograph (s) (black/white or color) taken of the participant in the program and waive any and all claims that the participant or undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproductions thereof. **I have read and understand the release statement: registration invalid without signature of adult.**

Participant's Name: _____

Address: _____

Date of Birth: _____ Contact Phone #: _____

E-Mail Address: _____

Participant's Signature: _____

Register Online: www.desotoks.us/151/Parks-Recreation

Office Information: 32905 W. 84th Street - P.O. Box C - De Soto, KS 66018

Questions: Justin Huslig - (913) 586-5281 - jhuslig@desotoks.us

