



**Town of Morris**  
**Beach & Recreation**  
109 - 21 East Street  
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[Morriscct.gov/entities/beach-recreation](http://Morriscct.gov/entities/beach-recreation)

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## Sunset Yoga on the Beach 2026!

Instructor Crystal Sheehan hopes to help others build strength and mental ease through movement, breathwork and sound.

**Sunset Yoga on the Beach:** 6-week series, Thursdays beginning July 9, 2026.  
Class held at Morris Town Beach (83 East Shore Road) from 6:15 pm - 7:15 pm.  
Class dates: July 9, 16, 23, 30 and August 6, 13

\$65 series / \$15.00 drop in rate – cash / checks made payable to *Morris Beach & Recreation*

By signing this form, I waive all claims against the Town of Morris, its' Beach and Recreation Department and all personnel from any and all liability for any injuries, loss or other claims resulting from participation in this activity. If necessary, I give permission for the Physician selected by the Beach and Recreation Department to hospitalize, secure proper treatment for and to order injection, anesthesia or surgery for myself.

Program / Activity: **Sunset Yoga on the Beach 2026!** Fee enclosed: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

Town / Zip: \_\_\_\_\_ Best Phone #: \_\_\_\_\_

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

Emergency Name / Phone: \_\_\_\_\_

Allergies or other factors the Beach and Recreation Department should be aware of: \_\_\_\_\_

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Comments: \_\_\_\_\_

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