



Town of Morris
Beach & Recreation
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Sunset Yoga on the Beach!

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 June 15, 2023.

Class held at Morris Town Beach (83 East Shore Road) from 6:30 pm - 7:30 pm.

\$45 series / \$10.00 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!** 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: _____

Comments: _____
