

Dhanda Yoga

Classes start Jan. 12th Tuesday from 7:00 pm – 8:00 pm at Glyndon Elementary School. Dhanda Yoga is open to all levels. No prior experience with Yoga is required.

Dhanda Yoga is the development of flexibility by using a 4 - 6 feet long staff. The staff in Yoga is a metaphor for the spine, and in many of the postures, the student aligns his/her spine with the staff. The staff is used for support and leverage in stretching the muscles and joints of the body. Each posture is held for the duration of several breaths, and as students get more familiar with the postures, the focus turns inward with longer durations. The staff also enables leverage to increase and sustain the stretch. Those who have practiced other forms of Yoga find the variations on traditional postures interesting and challenging. The staffs for this class are supplied by the teacher.

The purpose of this Yoga class is to:

- Maintain and restore health
- Release tensions and increases energy flow
- Create proper spine alignment
- Develop internal peace
- Calm the mind and body
- Stability (centering one's body and mind)
- Improve flexibility
- Stretch and release toxins from joints and muscles
- Generate healing

We will also use Pranayama (breathing techniques) and Mudras - symbolic hand gestures combined with rhythmic breathing.

We will end each session with a few minutes of meditation.

Yoga Class Registration Form

Waiver of Liability

If I have any physical impairments prior to taking this program I have been advised to consult a physician prior to taking the Yoga classes. In taking part in this program I do so at my own risk and assume full responsibility for classes. I/We assume all risks incidental to the conduct of the program activities and transportation to the same and do hereby release, absolve and acquit the Reisterstown Area Recreation & Parks Council, its organizers, supervisors, managers, coaches, sponsors, volunteers and other personnel agents, Baltimore County Department of Recreation & Parks and its employees from any liability whatsoever in regard to the same, and from any claim for damages of whatever nature arising out of the activities conducted including, but not limited to, injuries received at the designated sites of activities or practices.

Print Name: _____

Signature: _____ Date _____

Yoga Registration Form

Make check payable to: RRC- Yoga

Contact Mary Burton for further information: 410-526-2894

Start date January 12th classes held Tuesday from 7:00 – 8:00 pm at Glyndon Elementary School

Name: _____

Address: _____

Email: _____

Phone: _____

Session last for 8 weeks for only \$25.00

Mail Registration Form to:

Mary Burton

207 Greenview Ave

Reisterstown, MD 21136

