

Yoga for Figure Skaters

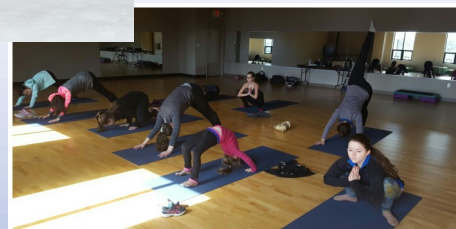
Yoga classes specifically designed for figure skaters that include yoga poses/sequences, mental training topics, relaxation, & visualization. A mix of focus, positive self talk, and goal setting with balance and flexibility will strengthen your skating at any level.

Ann Wehr has a background in competitive figure skating, coaching, yoga, and, dance. She holds a Masters of Sport Science in coaching and sport psychology.

Join us for a fun and challenging class!

\$10 per skater

**July 11th 12:45-1:30p
(Save the date July 25)**



**Facebook.com/mindbodywithAnn
Instagram: Mindbodyann
Www.mindbodyann.com**

Yoga for Figure Skaters Class Registration

Please print this sheet to bring to class with \$10 class fee.

Skaters Name: _____

Skating Level: _____

Email: _____

Telephone: _____

Release: I hereby absolve Nashoba Valley Olympia, Inc., Olympus Realty, Inc., Colonial Figure Skating Club, Nashoba Valley ISI, and all related agents of all responsibilities for injury or illness to the skater below and hold the above parties and their agents harmless from all claims. All skaters participate at their own risk.

Signature (parent if skater is under 18) _____

Date: _____

Emergency contact Person: _____

Phone # (____) _____