

Yoga at Off'NRunning / Fleet Feet Sports

Tuesdays, October 7 – November 25

7:15 - 8:15 PM

Yoga improves balance and flexibility, strengthens the core and clears the mind. This class is great for cross training and can help prevent injuries. Class focus is on relaxation, balance, strength and
S T R E T C H.

Cost is \$50 per person if sign up for the session
or \$10 per class if space is available

Class is limited to first 12 people registered and paid

Please bring your own yoga strap and mat. Dress comfortably!

To register, complete front and back of this order form
and send payment to:

Off'NRunning / Fleet Feet Sports, 3731 Lawndale Dr.

Need more info? Contact Elaine Thomas, Registered Yoga Teacher at
336.202.0383 or yogalane73@gmail.com

Name_____

Phone_____Email_____

Emergency Contact Name_____

Phone_____



About the instructor

Elaine Thomas, RYT-200 found her way to yoga when she began her first running program in 2006. What she found was more than a cross training workout!

With regular yoga classes, she gained strength, balance and flexibility. Elaine found that this helped reduce stress and increase mental focus. The following quote inspired her to begin yoga teacher training in 2009:

“If you really want to master something, teach it.” Yogi BhaJan

After completing her 200 hour registered yoga teacher (RYT) certification in 2010, Elaine established YogaLane, LLC and began teaching yoga for schools, corporate clients and local gyms. She tells her students that whenever they’re mindfully breathing and not worried about anything else, they are practicing yoga!

MEDICAL CONSENT AND LIABILITY RELEASE

YogaLane, LLC

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Class. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in this Yoga Class. In consideration of being permitted to participate in the Yoga Class, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

I, my heirs, or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

Signature: _____ Date: _____