



City of La Grange, KY
Beaumont/La Grange Community Center
307 West Jefferson St
LaGrange, KY 40031
502-222-1433

Class Description:

Katie's classes will focus on mobility and flexibility through proper alignment of the body. She will help you build strength and balance. Her hatha yoga class aims to bring awareness to your physical self and sync your movement with the breath. This hour-long practice is intended to engage the mind while challenging the body. All levels of yogis are welcome.

About Instructor Katie Villanueva:

Katie has been practicing yoga for 7 years. She has graduated from The School of the Rising Lotus, obtaining her 200 hour teaching certification. As a CrossFit athlete, yoga helps in recovery, strengthens the core, and works ancillary muscles. It also allows Katie the time needed to calm her mind and check in with her body.

- Class will be held Tuesday evenings from 6:00-7:00 beginning October 26th
- Beaumont/La Grange Community Center (Upstairs on second floor)
- \$5 per class or pay for 7 (\$35) and get the 8th class free!

Complete & return bottom half of form with check

Name: _____ **Email:** _____

Phone Number: _____ **Age:** _____ **Restrictions:** _____

By accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Yoga Class, the city of La Grange, KY, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes.

Signature & Date:

Parent's Signature if under 18 years & Date:

Make checks payable to: City of La Grange
Mail To: La Grange City Hall 307 W, Jefferson St La Grange, KY 40031 502-222-1433