**Yoga With Betty and Friends (YWBF)**

**Session runs from** **January 8 – March 25, 2020**

**Where**: Mature Women’s Class - **Randallstown**

**Cost**: $14.00 x 12 weeks in the series ending March 25, 2020

Price of session: $168.00

**$17.00 for drop-ins**.

**Classes run from** 8:45 – 10:30 a.m.

**WHAT** **IS** **IT?** Yoga for the mature woman is an all levels yoga class designed especially for mature women. We will do Yoga Asanas (poses) that nurture and support the whole woman. In addition to the Yoga Asanas, breath work as well as supine and seated meditation will also be included in this class.

**WHAT** **TO** **WEAR?** Wear clothing that is easy to move in Please wear clothing that shows the line of leg (shorts and t-shirts, stretch pants). Class is taken in bare feet.

**Mark your calendar: Registration and the first day of class next session is April 1, 2020**

I HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS BETTY LEWIS AND ANY AND ALL PERSONS AND ORGANIZATIONS IN CONNECTION WITH THESE CLASSES, WORKSHOPS, OR RETREATS, IN ANY WAY FROM ANY AND ALL CLAIMS, DEMANDS, PERSONAL OR EMOTIONAL INJURIES, COSTS OR EXPENSES (INCLUDING) ATTORNEY'S FEES

PLEASE RETURN TO BETTY LEWIS @9807 MARRIOTTSVILLE RD. RANDALLSTOWN, MD 21133 QUESTIONS: 410-521-2785 or e-mail [BLewis9807@aol.com.](mailto:BLewis9807@aol.com.) Visit my website at: [www.ywbf.com](http://www.ywbf.com)

Todays Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Amount Enclosed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City and State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Jan 8, 15, 22, 29,;Feb 5, 12, 19, 26;Mar 4, 11, 18, 25**