

Different Drummer Farm

Farm and Field Yoga

Welcome! We are pleased to offer 2 classes of Thursday morning yoga! Please check one!

- **8:00-9:00 am Teens and adults** Start your morning off with a peaceful stretch and guided yoga practice. Breathe in the quiet of the farm and it's animals as you find your inner calm and strength. \$120.00 for 8 weeks, or \$20 drop-in fee per class
- **9:15-10:00 am- Mommy and Me yoga** (or Grammy or dad!) Enjoy time with your child as they learn about relaxation and mindfulness in this 45-minute class. Combining the tranquil nature of the farm with the discipline of a basic yoga practice. For one adult and child up to age 12. Combined class fee of \$180 for 8 weeks, or \$25 drop-in fee per class.

Both classes are led by certified yoga instructor, Maya Staples of Windham NH.

Classes begin Thursday morning, June 30th and will run for 8 weeks through July and August and possibly longer if interest allows. A makeup will be provided for any class cancelled due to inclement weather.

Please send or bring along the completed form and payment to:

Different Drummer Farm, 55 South rd. Candia NH 03034.

Name(s): _____ Age: _____ Phone: _____

Address: _____

Email: _____ Emergency contact: _____

Emergency phone: _____ 8 week card _____ or Drop in _____

Release of liability

I, _____ (parent if under 18) under the laws of the state of NH, agree to take part in this activity at my own risk. I further agree to release Different Drummer Farm, it's owners and staff from any liability for accident or injury occurring while on the premises or during any activity at the farm. I understand that photos may be taken during a session for promotion on the website.

Signature: _____ date: _____