

# Vinyasa Yoga



**REGISTRATION:** Complete and detach the registration form below and return with appropriate registration fee or register online at [www.wahooparksandrec.com](http://www.wahooparksandrec.com). The normal fitness punch card system will not be used for this class.

**CLASS MAXIMUM:** A maximum of 9 participants will be accepted for this class to ensure the proper interaction between the instructor and participants.

**PROGRAM FORMAT:** The class meets once per week on Wednesdays in January from 5:00pm-6:00pm. Classes will be held at the Senior Center to ensure a quiet setting. Class participants will enter the Senior Center through the Civic Center.

**VINYASA YOGA DEFINED:** The Vinyasa style of yoga is characterized by stringing postures together so that participants move from one to another, seamlessly, using breath.

**A MESSAGE FROM INSTRUCTOR AMY KASPAR:** As a licensed independent mental health practitioner, my mind often felt jumbled and my heart heavy. After my 200 hour yoga training in Denver, I discovered my overactive and busy lifestyle was a trauma response to avoid my own feelings and thoughts. I learned and practiced through mindfulness yoga to quiet my mind and be comfortable with my inner self. I currently reside with my family on a small, peaceful farmstead outside of Prague where you will usually find me tending to our garden, herding chickens, or playing football with our 6 year old son.

My intention as a mindful yoga instructor is to assist you with bringing peace into your world by calming the mind so your body and mind can become strong. During our 50-minute Vinyasa class, we will be linking breath work with the poses. I believe yoga is not about being bendy! It is about showing up to your mat and not knowing what is going to happen and being okay with that. I will guide us through a series of carefully constructed poses that someone of all levels can enjoy. We will not be doing headstands during my class! Throughout our practice together we will take moments to pause and quiet our minds to focus on our intentions inward and become comfortable with what our body is telling us. By doing this we learn how to heal and be kind to ourselves. I look forward to practicing with you!



## REGISTRATION FORM – Vinyasa Yoga (January)

Participant's Name \_\_\_\_\_ Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Preferred days of Future Classes: \_\_\_\_\_

Preferred time of Future Classes: \_\_\_\_\_ Primary Phone \_\_\_\_\_

How did you hear about this Class \_\_\_\_\_ Email address \_\_\_\_\_

In order to take advantage of the member rate, the participant must have a current Civic Center membership.

**Please indicate the fee you are paying by circling the appropriate box to the right.**

Return registration form to the Civic Center.  
If mailing send to:  
Wahoo Parks and Recreation Department  
Attn: Yoga  
310 N. Linden St.  
Wahoo, NE 68066

CLASS	MEMBER	NON-MEMBER
Vinyasa Yoga (Wednesdays 5pm-6pm)	\$60 (plus tax)	\$80 (plus tax)

Date Pd. \_\_\_\_\_ Cash  Check  Chk. # \_\_\_\_\_ FOR OFFICE USE ONLY Credit Card  Amount Pd. \_\_\_\_\_ Staff Member \_\_\_\_\_