



High Point Regional High School

Adult & Community Education

Fall 2019



Sponsored by the

High Point Regional Board of Education

Phone: 973-875-3170

Fax: 973-875-0904

Scott Ripley, Ed.D.
Superintendent

Seamus Campbell
Director of Curriculum
& Instruction

SLOW-FLOW VINYASA YOGA

Restore balance - align and calm your body, mind and spirit as you practice Yoga in a peaceful setting! Students will practice a slow yoga flow, calming breath work, and guided meditation. This class is suitable for the beginner student as well as anyone who would like to experience more peace and awareness in his or her own life. This rejuvenating practice emphasizes breath and movement. Sun Salutations and creative flow sequences will help to develop flexibility of mind that will enhance your practice. Please bring your mat, a water bottle and wear comfortable clothing.

October 15, 29, November 5, 12, 19, Dec 5
6:30 p.m. - 7:30 p.m.
LOCATION: MEDIA CENTER

\$75.00 Tuition Instructor: Norma Brand

REGISTRATION & INFORMATION

- Registration may be by mail using the attached form. You may also bring registration and payment to the Curriculum Office in the Administration Building before 3:00 p.m. any business day prior to the first class.
- In case of insufficient enrollment, the Adult Education reserves the right to withdraw the course and refund the tuition.
- All classes will be held unless you are notified that the class has been canceled. ***Please include an email address for convenient notification.***
- Please make a note of the starting date of the classes you register for, as start dates vary.
- In the event of school closing due to inclement weather or other emergencies, Adult Education classes are **also cancelled**. The following radio stations will broadcast closing information: WNNJ (1360 AM), WSUS (102.3) FM, and WNNJ (103.7 FM). Also, please check the district website at www.hpregional.org.
- Please **write a separate check** and fill out a **separate registration** form for **each individual participant and each individual class**, unless otherwise specified.
- A \$30 fee will be assessed on any checks returned for non-payment.
- Make checks payable to ***High Point Regional Adult Education*** and mail to:

HPRHS Adult & Community Education

Attn: Jessica Briggs

299 Pidgeon Hill Road

Sussex, NJ 07461

Course Title: _____

Amount Enclosed: _____

Name: _____

Day Phone: _____

Mailing Address: _____

Evening Phone: _____

Email: _____

Please provide email for easy notifications.