

## Run Wild Missoula Yoga for Runners Spring Session 2011

Celebrate spring and stay healthy and injury-free during the coming race season by signing up for Yoga for Runners. Run Wild Missoula is offering two 13-week yoga classes specifically designed with the runner's body in mind. Each class will focus on stretching, strengthening and balancing poses that will compliment all of the miles you are running each week. Whether you are getting ready for the River Bank Run or the Missoula Marathon, this class will challenge and inspire you to take care of your body and mind. Classes are held upstairs at The Runners Edge. Yoga mats and straps are provided.

To register or find out more about the classes offered, email Missy Adams at [missyadams410@yahoo.com](mailto:missyadams410@yahoo.com) and send registration and payment to: Run Wild Missoula, Box 1573, Missoula, MT 59806.

Name \_\_\_\_\_

email \_\_\_\_\_

Are you a RWM member? \_\_\_\_

Circle the class (es) you are interested in taking.

• Tuesday Lunch Yoga, 12:15 – 1 p.m., April 12<sup>th</sup> - July 12<sup>th</sup> (no class July 5<sup>th</sup>)  
Cost: \$74 for RWM members/\$82 for non-members

• Thursday Evening Yoga, 6 – 7 p.m., April 14<sup>th</sup> – July 14<sup>th</sup> (no class July 7<sup>th</sup>)  
Cost: \$85 for RWM members/\$95 for non-members

By signing this, I acknowledge I assume all risks involved in participating in Yoga for Runners and fully understand that yoga may include risks. I acknowledge that I am medically able to participate in Yoga for Runners. I agree to abide by any decision the instructor makes relative to my ability to participate in the class. Having read this waiver and knowing these facts, I waive and release Run Wild Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature if under 18

\_\_\_\_\_ Print \_\_\_\_\_



Thank you, Runner's Edge, for use of your space!