

Run Wild Missoula
Yoga for Runners Winter Session 2012

Celebrate the New Year by finally signing up for that yoga class you've been meaning to take! Run Wild Missoula is offering two 12-week yoga classes specifically designed with the runner's body in mind. Each class will focus on stretching, strengthening and balancing poses that will complement all of the miles you are running each week. Whether you are training for the Boston Marathon or getting ready for the Riverbank Run, this class will challenge and inspire you to take care of your body and mind in the coming year. Classes are held upstairs at the Runner's Edge, 325 N. Higgins Ave. Yoga mats and straps are provided.

To register or find out more about the classes offered, email Missy Adams at 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., January 10-April 3 (no January 31) Cost: \$68 for RWM members/\$75 for non-members
- Thursday Evening Yoga, 6–7 p.m., January 12-April 5 (no class February 2) Cost: \$78 for RWM members/\$87 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!