



# HEALTH CENTERS, DOWNTOWN OREGON CITY, AND SOIL AND WATER:

## WINTER 2017 ENROLLMENT FORM

January 9, 2017- April 7, 2017

(No classes the weeks of MLK, President’s Day and Spring Break)

NAME (Please print) \_\_\_\_\_

EMPLOYEE ID: \_\_\_\_\_

If you are not a Clackamas County Employee please write your email address

DEPT / DIVISION: \_\_\_\_\_

PHONE: \_\_\_\_\_

**Instructions:** Clearly mark the box(es) of the class(es) you are taking. **Make checks payable to Working With Yoga (WWY).** Give your check and signed enrollment form to your onsite contact who will forward them to Michelle. You can also courier your forms to Michelle Raethke in DES 503-655-8354. Payment is due with registration to reserve your space.

### Yoga class: Working with Yoga

**Description:** Classes begin with breathwork, not only as a foundation for class but also to encourage deep, conscious breathing throughout the day. Then comes a gentle warm-up to prepare the body for a sequence of Yoga poses that help to build strength, flexibility and balance, while relieving tension in common areas like the lower back, upper back and neck. Each class ends with a final relaxation, which leaves the participant feeling refreshed and focused. Instructors strive to respect the individual needs of each person who participates in class and offer modifications so that practitioners of all levels feel the class is accessible as well as beneficial.

- **Soil and Water Conservation Yoga** / Cost: \$30 / 221 Molalla Ave., Suite 102, Oregon City/ Site Contact Cathy McQueeney  
 Thursdays / 12:10 – 12:40 pm (30 min)
- **Sunnyside Yoga** / Cost: \$40 / Sunnyside Clinic, conference room, 9775 SE Sunnyside Rd, Clackamas /Site Contact Stephanie Hartwig  
 Fridays / 2:05 - 2:50 pm (45 min)
- **Beavercreek** / Cost: \$40 / 1425 Beavercreek Rd- ANNEX ROOM / Site Contact Leslie King  
 Tuesdays / 02:05 – 02:50 pm (45 min)
- **Downtown Oregon City Yoga** / Cost: \$35 / 707 Main Street, Oregon City/ Multnomah Building 3<sup>rd</sup> floor conference room. (If you don’t work in the building, check in with Victim’s Assistance at 2<sup>nd</sup> floor, and they will direct you to the 3<sup>rd</sup> floor/ Site Contact: Janae Kim, DA - Victim’s Assistance)  
 Tuesdays / 12:10 – 12:50 pm (40 min)

Please bring water, your Yoga mat and loose fitting clothing to each exercise session. Consult your health care provider if you experience any pain or discomfort that concerns you. Pain is a warning signal that something may be wrong.

#### RELEASE:

The undersigned participant agrees to indemnify, save harmless and defend Clackamas County, its officers, commissioners, employees, agents, and independent contractors, from and against all claims and actions arising out of or based upon damage or injuries from participation in exercise classes, including damage or injury from the use of County premises. The undersigned acknowledges that the waiver will remain in effect for the entire calendar year, to include weeks between terms and all holiday weeks. The undersigned participant acknowledges they are voluntarily participating in exercise classes and classes are structured during lunch times or after hours and are not on paid time. The undersigned participant understands that once the first class session begins, there will be no refund of class fees for any reason related to participant participation. [Please read the full no refund policy online.](#) Participants are advised to consult with their health care provider before participating in any physical activity.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

## Things to keep in mind to make this YOUR Yoga practice:

- Wear comfortable clothing with bare or sock feet. Layering clothing is also a good idea.
- If possible, try to refrain from eating a heavy meal 1-2 hours before practicing.
- Avoid practicing if you are sick – not only for your own good but to keep others healthy as well.
- Honor your body's limits; never push to the point of strain.
- Resist comparing yourself with others. Stay focused on your body and your breath.
- Most importantly – have fun!