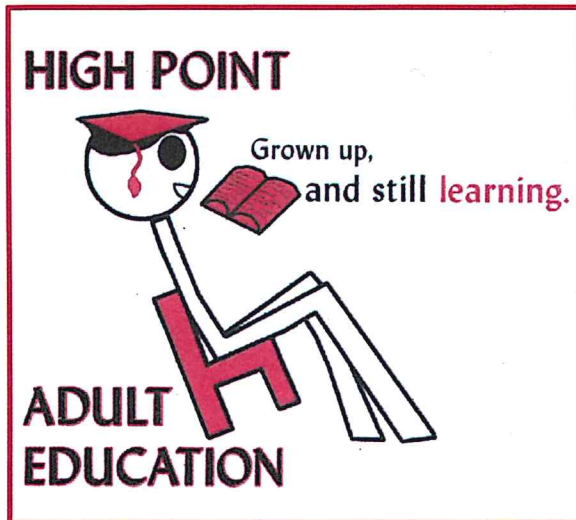


High Point Regional High School

Adult & Community Education

Spring 2019



Sponsored by the
**HIGH POINT REGIONAL
BOARD OF EDUCATION**
Phone: (973) 875-3170

In-Person Registration
Up to one week prior to start of class
(Curriculum Office, Administration
Building)

Superintendent of Schools
Scott D. Ripley, Ed.D.

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Director of  
Curriculum & Instruction  
**Seamus Campbell**

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Principal
Jon Tallamy

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 and body. Please bring a yoga mat, water bottle, and any props of your choice that will enhance your practice. Be sure to wear comfortable layered clothing. require or prefer a softer, gentler approach to yoga. It is encouraged that you please bring a yoga mat and wear loose, comfortable clothing. This class meets for six weeks.

Tuesdays starts March 12 - April 16
6:30 p.m. - 7:30 p.m.
LOCATION: MEDIA CENTER

\$75 Tuition
Instructor: Norma Brand

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REGISTRATION & INFO

- Registration may be by mail using the attached form OR in person up to one week prior to first night of class. 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 School 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 School** and mail to:

HPRHS Adult & Community School
Attn: Candace Horner
299 Pidgeon Hill Road
Sussex, New Jersey 07461



Course Title _____

Amount Enclosed: _____

Name: _____

Day Phone: _____

Mailing Address: _____

Evening Phone: _____

Please provide email for easy notifications:

EMAIL: _____