



Yoga Camp for Cyclists

(and other endurance athletes)

*...Because One Good Camp Deserves Another
We'll be stretching and breathing to raise money for
Hole In The Wall Camps, camps for children dealing with cancer, sponsored by Paul Newman's
Hole In The Wall Camps Foundation.*

This class is designed for the beginner cyclist and those with a great deal of expertise. This class is fun, relaxing, and informative. We will learn about the strengthening, balancing and flexibility that yoga offers by trying some simple postures.

We'll also talk about how yoga provides relaxation for cycling preparation and recovery. We will practice some simple breathing, visualization, and affirmation techniques. We'll learn how to use our breath to be a more open channel for greater energy and peace on and off our bicycles.

All of the money raised will go The Hole In The Wall Camps. This will contribute to Kimberly Borin's goal of raising \$5,000.00 by April 19th. She will be running for Team Hole In The Wall in the Boston Marathon on April 19th, 2010. The class will take 20 students. **Pre-registration is required.** Registration closes after the class is full and is first come, first served. We will need 10 students to run the class. We look forward to seeing you!

Instructor: Kimberly Borin, Registered Yoga Teacher

For questions, contact: Kimberly Borin at: storiesofourown@earthlink.net

For: Bedminster Flyer Members Only

Time: 1:45 pm - 3:30 pm *Please arrive by 1:45 pm - Class ends promptly at 3:30 pm to prepare for close of library.*

Location: Clarence Dillon Library on Lamington Road in Bedminster. *We will meet in the meeting room downstairs where we have our meetings.*

Dates: February 7th, 21st, March 14th and 21st

Cost Per 4-Week Session/Student: Minimum donation is \$80.00 (This is tax deductible)

Please Bring: A yoga mat, blanket and bottle of water.

Registration Form for Yoga Camp for Cyclists

Name (s) _____

(Those under 18 must be accompanied by a parent and both people will need to register)

Address _____

Phone : _____

E-Mail: _____

Please make check for \$80.00/person (minimum donation) payable to: *Hole in the Wall Camps Foundation*.

Send payment and registration form to: Kimberly Borin, PO Box 202, Lebanon, NJ 08833. The class is first come, first served and can take 20 people. Thank you and I look forward to seeing you!