

COASTAL CAROLINA NATIONAL BANK
AND TIDELANDS HEALTH

present



REGISTRATION PACKET

Thank you for participating in the first annual "Yoga Day at the Ballpark".
100% of your admission donation supports the United Way of Horry County.
We sincerely thank you for your contribution.

Please read this packet in its entirety before participating in this event.

EVENT DETAILS

Registration begins at 10 a.m., on September 26, 2015.
(Rain date is Sunday, September 27, 2015.)

Event is open to ages 12 and up. All children must be accompanied by an adult.

To help expedite the admission process, please complete the attached "Release of Liability" waiver (see page 2) and bring it with you on the day of the event. Additional copies will also be available at the door, and at all CCNB branch locations prior to the event. Each person (including children) will need to present this signed release in order to participate.

COST FOR ADMISSION

There are no advance ticket sales for this event. Admission tickets will be sold on the day of the event only.
An admission donation of \$6 (or more) per person is suggested.

WHAT TO BRING

Please bring your own yoga mat, water bottle and towel.
Using a rubberized yoga mat will help reduce the chance of slipping since yoga is typically performed in bare feet, or performed while wearing yoga socks (e.g., YogaToes®).
Wear comfortable clothing that doesn't restrict movement, and consider having a sweatshirt handy.
You may also bring a yoga strap, blocks, blanket and eye pillow to enhance your experience.

ABOUT THE CLASS

Class begins at 11:00 a.m., and will be approximately 75 minutes long. All levels are welcome to participate in this community (Hatha) Yoga class. No experience necessary. Please be advised that it is customary to stay for the entire duration of the class so that you and others around you can fully enjoy the experience.

PLEASE BE ADVISED

As with any exercise program, always consult your physician before participation.
This general information is not intended to diagnose any medical condition or to replace your healthcare professional.
Consult with your healthcare professional to design an appropriate exercise prescription.
If you experience any pain or difficulty while participating, stop and seek medical attention right away.

