

If It's Physical, It's Therapy 2018

Presents:

Sunrise Yoga

August 11th, 2018

Instructed by Earth and Owl Yoga

*Sponsored by: Johnson County Hospital Foundation
& Lunzmann Realty, Inc.*

For 2018 the JCH PT Department is shaking things up a bit. If It's Physical, It's Therapy is hosting Sunrise Yoga at the Johnson County Hospital. This event will be instructed by Nikki Hayes of Earth and Owl Yoga in Auburn, NE.

Our generous sponsors for this event are the Johnson County Hospital Foundation and Lunzmann Realty, Inc. Sunrise Yoga is a fundraiser for the Johnson County Hospital Foundation. Early registration is available, but WALK-INS ARE WELCOME! No yoga mats required. Age limit is by discretion of parent, but child must be supervised and engaged in the 1 hour session. Session will be comprised of modifications for all ages and levels.

Event Start Time: 7:00 AM

Check In @ 6:30 AM

Cost: \$5.00 per participant

Location: Johnson County Hospital, 202 High Street, Tecumseh, NE 68450

Turn north at the corner of HWY 136 and 2nd Street

Session will be held in the grass behind hospital parking lot.

Rain location--- In the event there is rain, this event will be held at the Community Building.

Lunzmann
— Realty, Inc. —
602 P St. Auburn, NE 68305

All proceeds will be donated to the Johnson County Hospital Foundation



Early Registration WALK-INS ARE WELCOME!

Name First & Last: _____

D.O.B.: _____ Age: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Cost: \$5.00 per participant

Age: By discretion of parent, but child must be supervised and engaged in a 1 hour session.

Make Check Payable to:

Johnson County Hospital Foundation
P.O. Box 60
Tecumseh, NE 68450

Waiver: In consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may happen to me during the event known as "Sunrise Yoga", or while I am on the premises of the event, and hereby release and agree to indemnify, defend, and hold harmless to the City of Tecumseh, Johnson County Hospital, Earth and Owl Yoga, sponsors, promoters, and all other persons or entities associated with this event from all injuries and damages, or otherwise. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of the event for legitimate purpose.

Signature: _____

Signature (Parent if under 19 years of age) Date