

A 10-week series on Mindful Yoga for Relaxation

Mondays 10:30am to 11:30am

Sept. 9, 16, 30; Oct. 7, 14, 21, 28
Nov. 4, 11 and 18th

Make-up on Nov. 25

NO CLASS SEPTEMBER 23rd

Old Millington Schoolhouse
1802 Long Hill Rd.
Millington

Please bring a mat and a blanket or towel.

\$100/person Class size is limited. Register by 9/6/19 on Community Pass.



NO EXPERIENCE NECESSARY!

Benefits of a regular yoga practice include:

**Strength, Flexibility, Balance, Relaxation, Focus, Equanimity,
Self-Awareness and Well-Being**



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YT 500 American Viniyoga
Institute

Questions?
Please contact Parks & Rec.
908.647.8000 x219 or
recreation@longhillnj.gov

