

Gentle Yoga in the Park

Fall 2020 6-week session for all levels

Tuesdays 9:30am to 10:30am

Tuesdays: Sept. 8, 15, 22, 29, Oct. 6, 13

Raindates: Wednesdays following each Tuesday Class (9/9, 9/16, 9/23, 9/30, 10/7, 10/14, & Tuesday, 10/20—just in case of a week of rain)

Kantor Park Turf Field

917 Valley Rd.

Gillette

\$60/person Class size is limited. NO EXPERIENCE NECESSARY!

Register By: 9/4/20 on Community Pass

([https:// register.communitypass.net/longhill](https://register.communitypass.net/longhill) and select “Fall 2020”)

Viniyoga is a gentle, breath-centric tradition that promotes the importance of functionality over form, respecting each unique person’s capabilities and limits. Benefits include Strength, Flexibility, Balance, Focus, Relaxation, Equanimity, Self-Awareness and Well-Being



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Special Pandemic Considerations

All participants will wear cloth face coverings to check in. Once seated at least 6’ away from your “Yoga Neighbors”, participants will be permitted to remove cloth face coverings. Cloth face coverings will be put back in place at the conclusion of the session.

At check-in, temperatures will be taken with a “touchless, infrared thermometer”. Participants must be fever-free in order to participate (below 100.4F).

Questions?

Please Contact the Parks & Recreation Dept.

908.647.8000 x219 or x267



TOWNSHIP OF LONG HILL
PARKS AND RECREATION