

NEW Evening Mindful Yoga a 4-week series for all levels

Monday, 7:00pm to 8:00pm

Oct. 7th , 14th , 21st and 28th

Old Millington Schoolhouse

1802 Long Hill Rd.

Please bring a mat and a blanket or towel.

Millington

\$40/person

Class size is limited. Register by 10/4 on Community Pass.

([https:// register.communitypass.net/longhill](https://register.communitypass.net/longhill) and select “Fall 2019”)



NO EXPERIENCE NECESSARY!

Benefits of a regular yoga practice include:

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



Lisa Atkins

RYT 500 Yoga Alliance
YT 500 American Viniyoga
Institute

Questions?

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

