

# Long Hill, New Jersey Community Weekly Virtual Class Schedule

## MONDAY

8:15 AM Yin and Yang Yoga with Claire

1:00 PM All Recovery Group

7:00 PM Book Club with the Library

8:15 PM Heal (Trauma Focused Yoga) with Kris

## TUESDAY

8:15 AM Breathe (All Levels Yoga) with Joelle

2:00 PM All Recovery Group

4:30 PM Breathe Yoga with Claire

7:30 PM Slow Yoga with Cathy

## WEDNESDAY

10:30 AM Restorative Yoga with Camille

11:45 AM Yin and Yang (Half Yoga, Half Meditation) with Camille

5:30 PM All Recovery Group

5:30 PM Power Yoga with Megan

6:45 PM Restore Yoga with Megan

## THURSDAY

8:15 AM Breathe (All Levels Yoga) with Joelle

2:00 PM All Recovery Group

6:15 PM Yin and Yang (Half Yoga, Half Meditation) with Claire

8:20 PM Yoga Group Therapy with Kris (intake required)

## FRIDAY

8:15 AM Stretch Yoga with Cathy

1:00 PM All Recovery Group

2:00 PM Zoom In Book Club (first Friday of every month)

4:00 PM Yin and Yang (Half Yoga, Half Meditation) with Claire

5:15 PM Friday Flow Yoga with Claire

## SATURDAY

8:00 AM Rise with Camille

10:30 AM Peace (Yoga for Depression) with Tamu

## SUNDAY

8:30 AM Breathe Yoga with Joelle

9:30 AM Yin and Yang Yoga with Joelle

9:30 AM New Providence Presbyterian Church

9:30 AM Westminster Presbyterian Church

10:00 AM Meyersville Presbyterian Church

10:00 AM All Saints' Episcopal Church in Millington

## NOTES

- Please download the MindBody app on your phone to participate in yoga classes.
- Don't forget to use the code Home2020 to receive your free month of unlimited yoga.
- This list will be updated weekly.
- Please email [Kris@pomnj.com](mailto:Kris@pomnj.com) to add any events!

**Long Hill, New Jersey Mental Health Hotline**

**(908) 647 8000 x 998**