

Mindful Yoga

a 4-week series on Mindful Yoga for all levels

Mondays 10:30am to 11:30am

Nov. 19, 26 and Dec. 3, 10

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 11/16 on Community Pass.

([https:// register.communitypass.net/longhill](https://register.communitypass.net/longhill) and select "Fall 2018")



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

