

Gentle Yoga

a 10-week series for all levels

Thursdays 10:15am to 11:15am

Sept. 14, 21, 28, Oct. 5, 12, 19, 26

Nov. 2, 9, 16 (make-up day if needed- Nov. 30)

Millington Schoolhouse

1802 Long Hill Rd.

Please bring a mat and a blanket or towel.

Millington

\$100/person

Class size is limited. Register by 9/5/17 on Community Pass

([https:// register.communitypass.net/longhill](https://register.communitypass.net/longhill) and select "Fall 2017")



Lisa Atkins

RYT 500 Yoga Alliance
YT 500 American Viniyoga
Institute

Questions?

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

Viniyoga is a gentle, breath-centric tradition that promotes the importance of functionality over form, respecting each unique person's capabilities and limits.

NO EXPERIENCE NECESSARY!

Benefits of a regular yoga practice include:

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