

# Gentle Yoga 2018

## Fall Session for all levels

Thursdays, 10:30am to 11:30am

Sept. 13, 20, 27 Oct. 4, 18, 25 Nov. 1, 8, 15, 29

Make-up Dates: 12/6, 12/13

Old Millington Schoolhouse

1802 Long Hill Rd.      Please bring a mat and a blanket or towel. No experience necessary!

Millington

\$100/person Thurs.      Class size is limited.

Register by 9/6/18 on Community Pass.

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



**Lisa Atkins**

RYT 500 Yoga Alliance  
YT 500 American Viniyoga  
Institute



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

Questions?

Please contact Parks & Rec.  
908.647.8000 x219 or  
[recreation@longhillnj.gov](mailto:recreation@longhillnj.gov)

