

# Mindful Yoga

## a 4-week series on Mindful Yoga for all levels

Mondays 10:30am to 11:30am

Oct. 22, 29 Nov. 5, 12

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 10/15 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

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RYT 500 Yoga Alliance  
YT 500 American Viniyoga  
Institute

Questions?

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



TOWNSHIP OF LONG HILL  
PARKS AND RECREATION