

Gentle Yoga 2019

Spring Session for all levels

Thursdays 10:30am to 11:30am

Thursdays: April 25; May 2, 9, 16, 23, 30; June 6, 13, 20 and 27

Make-up Date: June 28th

Old Millington Schoolhouse

1802 Long Hill Rd.

Please bring a mat and a blanket or towel.

Millington

\$100/person Class size is limited. NO EXPERIENCE NECESSARY!

Register By: 4/22/19 on Community Pass.

([https:// register.communitypass.net/longhill](https://register.communitypass.net/longhill) and select “Spring 2019”)

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



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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

