

**NEW!!!!!!**

## Mindful Yoga

# A 10-week series on Mindful Yoga for all levels

**Mondays 10:30am to 11:30am**

March 25; April 1, 8, 15, 22, 29  
May 6, 13, 20<sup>th</sup>, June 3<sup>rd</sup>

**NO CLASS MAY 27<sup>th</sup>**

Old Millington Schoolhouse  
1802 Long Hill Rd.  
Millington

Please bring a mat and a blanket or towel.

\$100/person      Class size is limited. Register by 3/22/19 on Community Pass.  
([https:// register.communitypass.net/longhill](https://register.communitypass.net/longhill) and select "Spring 2019")



**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](mailto:recreation@longhillnj.gov)

