

NEW Evening Mindful Yoga a 4-week series for all levels

Tuesdays, 7:00pm to 8:00pm

Old Millington Schoolhouse

1802 Long Hill Rd.

Millington

\$40/person

May 21st, 28th, June 4th and 11th

Please bring a mat and a blanket or towel.

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

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



NO EXPERIENCE NECESSARY!

Benefits of a regular yoga practice include:

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

Lisa Atkins

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YT 500 American Viniyoga
Institute

Questions?

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

