

Mindful Yoga

a 4-week series on Mindful Yoga for all levels

Mondays 10:30am to 11:30am

Jan. 28, Feb. 4, 11 and 25th

No class Feb. 18th

Make-up date March 11th

Old Millington Schoolhouse

1802 Long Hill Rd.

Millington

Please bring a mat and a blanket or towel.

\$40/person Class size is limited. Register by 1/25/19 on Community Pass.

(<https://register.communitypass.net/longhill> and select "Winter 2019")



Lisa Atkins

RYT 500 Yoga Alliance
YT 500 American Viniyoga
Institute

NO EXPERIENCE NECESSARY!

Benefits of a regular yoga practice include:

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

Questions?

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

