

Mendham Township Recreation



YOGA TO GO



When: Mornings: 9:00 a.m. – 10:00 a.m.
Session 1 January 9 – March 13, 2018 (Tuesdays)
Session 2 January 11 - March 15, 2018 (Thursdays)

Evenings: 7:00 p.m. – 8:00 p.m.
Session 3 January 11 – March 15, 2018 (Thursdays)

Where: Brookside Community Center
1 East Main Street, Brookside, NJ 07926

What: Hatha style yoga is designed for all adults regardless of experience, and can be modified to fit the needs and fitness levels of all participants. Yoga improves strength, flexibility, balance and aids in the stress reduction and improved well-being.

Cost: \$ 75 for one session
\$130 for two sessions
Participants should bring a yoga mat and a large bath/beach towel.

For more information, please contact the recreation office at 973-543-4555 x.222

Yoga To Go Registration Form

Participant Name: _____ D/O/B: _____

Street Address: _____ City: _____ Zip: _____

Email: _____ Home Phone: _____ Cell Phone: _____

Registering for: _____ Session 1 _____ Session 2 _____ Session 3

Payment Enclosed \$ _____ Check # _____ Cash _____

Signature of Participant

Date

Please make your check payable to: **Mendham Township Recreation** and mail to:
Mendham Township Recreation
P.O. Box 520
2 West Main St.
Brookside, NJ 07926