

# Mendham Township Recreation



## YOGA TO GO



**When:** Mornings: 9:00 a.m. – 10:00 a.m.  
Session 1 January 16 – March 20, 2018 (Tuesdays)  
Session 2 January 18 - March 22, 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

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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

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