

September/October/November

## Vinyasa Yoga - all levels

sponsored by: **West Milford Community Services and Recreation**

Meet me on your mat for this 8 week-70 minute Vinyasa Flow class. Vinyasa is a style of yoga characterised by linking breath and movement together to create a flowing sequence of asanas with a fluid transition. Each week our practice will start with a Dharma talk to theme the class and we will use various types of pranayama to begin the meditation portion of our journey on the mat. During this well balanced flow class you can expect to move with your breath and focus your attention on the asana allowing you to get out of your head and into your body to experience the harmony of a healthy body and a peaceful mind. All levels, modifications and use of props are welcomed. *If you are unsure about your abilities, chose the 1 class option (for \$10) first.* Ages: 18 +



Limit: 15 students

Instructor: Christina Fagan

Location: West Milford Library – Upstairs

<u>Day</u>	<u>Times</u>	<u>Dates</u>	<u>Fee</u>
Saturday	9:30 – 10:45	September 7, 28 October 5, 19, 26 November 2, 9, 16	\$60.00 <small>for 8 classes</small>

### Three Easy Ways to Enroll!

1. Online at [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Online Registration. Look for 2019 FALL Programs.
2. In person at the Recreation Office, located inside the West Milford Recreation Center, 66 Cahill Cross Road. M-F, 8:30 a.m. – 4:30 p.m.
3. By phone, call the Recreation Office at 973-728-2860