Sponsored by West Milford Community Services & Recreation

Vinyasa Yoga

Ages: 18+

Meet me on your mat for this 6 week-70 minute Vinyasa Flow class. Vinyasa is a style of yoga characterized by linking breath and movement together to create a flowing sequence of asanas with a fluid transition. 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.*

Dates: August 15, 22, September 12, 19, 26, October 3

Time: 9:15 am

Fee: $45 (for 6 classes)

Location: West Milford Recreation Center, 66 Cahill Cross rd
(Outside at the Recreation Center)

Limit: 12 Students

Instructor: Christina Fagan

To register, go online at www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Online Registration. Look for 2020 SUMMER Programs.

If you need assistance, call the Recreation Office at 973-728-2860. Monday—Friday, 8:30 a.m. – 4:30 p.m.

* Social Distancing measures must be followed at all times *
* Masks must be worn when distancing is not possible *