

HATHA MAT YOGA

A faint, stylized illustration of a woman with brown hair in a bun, wearing a blue tank top and grey pants, sitting in a yoga pose (Padmasana) with her hands in a mudra (Anjali Mudra) on her knees. The illustration is centered behind the text.

****Come Join the
Fun****

Please join us for a gentle mat yoga practice.

Basic yoga poses, alignment, core strength, increased flexibility and balance will be our focus.

Modifications for all levels will be provided, however, this will be more of a gentle class.

Where: Teen Center, 1073 Westbrook Road, West Milford

**When: Tuesday's, June 6, 13, 20, 27, and July 11, 18, 25
7 for \$35.00**

Time: 6:30– 7:25PM

TO REGISTER

Go online to www.westmilford.org. Click on Community Services & Recreation, then "**REGISTER HERE FOR PROGRAMS**". Once you are in Community Pass look for "2023 SENIOR PROGRAMS".