

HATHA MAT YOGA



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.

Dates: Monday's, Sept. 9, 16, 23, 30 & Oct. 7, 14, 21, 28

8 for \$40.00 TIME: 6:00PM

Where: West Milford Teen Center—1073 Westbrook Road

AND/OR

Thursday's, Sept. 5, 12, 19, 26 & Oct. 3, 10, 17, 24, 31

9 for \$45.00 TIME: 6:00PM

Where: West Milford Teen Center—1073 Westbrook Road

To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2024

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.