

# 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, January 6, 13, 20, 27 & February 3, 10, 17, 24**

**8 for \$40.00 TIME: 6:00PM**

**Where: West Milford Teen Center—1073 Westbrook Road**

**AND/OR**

**Thursday's, January 2, 9, 16, 23, 30 & February 6, 13, 20, 27**

**9 for \$45.00 TIME: 6:00PM**

**Where: West Milford Teen Center—1073 Westbrook Road**

To register, go to [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2025

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