

# Senior Mat Yoga

A stylized illustration of a person in a yoga pose, specifically a standing forward bend (Uttanasana). The person is depicted in a light pink color with dark grey athletic wear. They are standing on a light blue mat, with their arms reaching down towards their feet. The background features soft, abstract shapes in yellow, orange, and pink, suggesting a bright, sunny environment.

Seniors, bring your mat for this gentle, all level flow class for those interested in a mat class who can comfortably move from sitting/lying down to standing throughout the class.

- Deep stretches
- Toning and strengthening work
  - Sitting or lying down position
  - Breath work will be included
- Promotes greater flexibility and stamina

Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic postures before moving onto the more complex poses.

Location: West Milford Recreation Center, gym 1

Dates: Wednesday's, March 13, 20, 27 & April 3, 10, 24

Time: 10:30-11:30AM

Price: \$30.00 for 6 classes

## TO REGISTER

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then “**REGISTER HERE FOR PROGRAMS**”. Once you are in Community Pass look for “2024 SENIOR PROGRAMS”.

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