

Senior Mat Yoga

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 5, 12, 19, 26 & April 2, 9, 16, 30

No Class on April 23 due to gym floor being refinished

Time: 10:30-11:30AM

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 “2025 SENIOR PROGRAMS”.

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