

# 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 their arms reaching down towards their feet. They are wearing a dark grey sports bra and shorts. The background features soft, abstract shapes in yellow, orange, and light blue, suggesting a bright, airy 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, May 7, 14, 21, 28 & June 4, 11, 18, 25

Time: 10:30-11:30AM

Price: \$40.00 for 8 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 “2025 SENIOR PROGRAMS”.

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