

Senior Mat Yoga

A stylized illustration of a woman in a yoga pose, wearing a grey tank top and black leggings, performing a standing balance pose with one leg raised and arms extended. The background features soft, abstract shapes in yellow, orange, and light blue.

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 2

Dates: Wednesday's, Sept. 4, 11, 18, 25 & Oct. 9, 16, 23, 30

Time: 10:30-11:30AM

Price: \$40.00 for 8 classes

***** NO CLASS ON OCTOBER 2ND *****

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 "2024 SENIOR PROGRAMS".

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