

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 clothing. 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 warm, sunlit 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, September 6, 13, 20, 27 & October 4, 11, 18, 25

Time: 10:30-11:30AM

Price: \$40.00 for 8 classes

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 “2023 SENIOR PROGRAMS”.

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