

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 leggings. The background features soft, abstract shapes in shades of yellow, orange, and light blue, suggesting a bright, airy atmosphere.

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, January 4, 11, 25 & February 1, 8, 15, 22

Time: 10:00-11:00AM

Price: \$35.00 for 7 classes

To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2023.

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.

Sponsored by West Milford Community Services & Recreation