

SPONSORED BY WEST MILFORD COMMUNITY SERVICES & RECREATION

# WINTER—VINYASA YOGA

Ages: 18+

Meet me on your mat for this 8 week—70 minute Vinyasa Flow class. Vinyasa is a style of yoga characterized by linking breath and movement together to create a flowing sequence of asanas with a fluid transition. During this well balanced flow class you can expect to move with your breath and focus your attention on the asana allowing you to get out of your head and into your body to experience the harmony of a healthy body and a peaceful mind. All levels, modifications and use of props are welcomed.



DATES: SATURDAYS JAN 6, 20, 27, FEB 3, 10, 17, 24, MARCH 2

TIME: 9:15—10:25 AM

FEE: \$65.00 (FOR 8 CLASSES)

LOCATION: WEST MILFORD LIBRARY (UPSTAIRS), 1470 UNION VALLEY ROAD, WM

LIMIT: 15 STUDENTS



To register, go to [www.westmilford.org](http://www.westmilford.org), click on Community Services & Recreation. Then click on **REGISTER HERE FOR PROGRAMS**. Look for 2024 WINTER Programs.

If you need assistance, call the Recreation Office at 973-728-2860. Monday—Friday, 8:30 a.m. – 4:30 p.m.