

# Lower Township Department of Parks & Recreation

Ongoing Walk-in Classes

## Introduction to Yoga

This yoga practice is offered as a co-ed beginners level—awareness and experience of Yoga—stretch, breathe and relax. “Feel the sweet breeze of peace of mind”. No Yoga experience required, although all levels are welcome. Yoga is gentle and tones the body, muscles, organs, joints and glands. Bring a blanket or Yoga mat to class and wear loose fitting, comfortable clothing to move in. Chairs are available. Ongoing drop-in class will be held on Tuesdays starting at 7pm-8pm at \$5.00 per class. Classes are held at the Lower Twp. Rec. Center, 2600 Bayshore Rd., Villas, N.J. Instructor is Karen Manette Bosna. For more information call 886-7880, ext. #0.

# Adult Yoga Class

Contact person: 609-886-7880, ext. #0

2600 Bayshore Road  
Villas, NJ  
08251

