

Manalapan Parks & Recreation Adult Yoga Program



Yoga helps to bring balance and calm to our hectic lives through body awareness (postures) and techniques such as breathing and relaxation.

**New session beginning
January 6!
(no program 1/20 & 2/17)
Mondays, 7:00-8:00 p.m.
Open to ages 16 and older**



Fee for the 8 week session is \$70.00

Class instructed by Marcie Stillman

Held at the Manalapan High School RLA Room (near gyms)

30 Church Lane, Manalapan

Participants should bring a towel, water and a yoga mat.

There is a minimum of 6/ maximum of 10 per class.

Registration can be done online at <https://register.communitypass.net/Manalapan>

or to download a registration form go to www.mtnj.org

Mail registration to: 120 Route 522, Manalapan

OR register in person at the Manalapan Parks and Recreation office,
93 Freehold Road

All programs are non-refundable.