

# Manalapan Parks & Recreation Adult Yoga Program FALL 2020



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

**New OUTDOOR session beginning  
September 12 OR 15  
(no program 9/19)  
Tuesdays, 7:00 - 8:00 p.m.  
OR  
Saturdays 9:30 - 10:30a.m.  
Open to ages 16 and older**



**Fee for the 5 week session is \$50.00**

Class instructed by Marcie Stillman

Held OUTDOORS in the Manalapan Recreation Center  
Across from the Manalapan Municipal Building, 120 Rt. 522

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](http://www.mtnj.org)

Mail registration to: 120 Route 522, Manalapan

**OR** drop off registration at the Manalapan Parks and Recreation office,  
93 Freehold Road (drop box located at front door)

**All programs are non-refundable.**