

Manalapan Parks & Recreation Adult Yoga Program SPRING 2021



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
Wednesday, May 5
7:00-8:00 p.m.
Open to ages 16 and older**



Fee for the 6 week session is \$50.00

Class instructed by Marcie Stillman

Held OUTDOORS at the Manalapan Recreation Center Kuschick Pavilion

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

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.