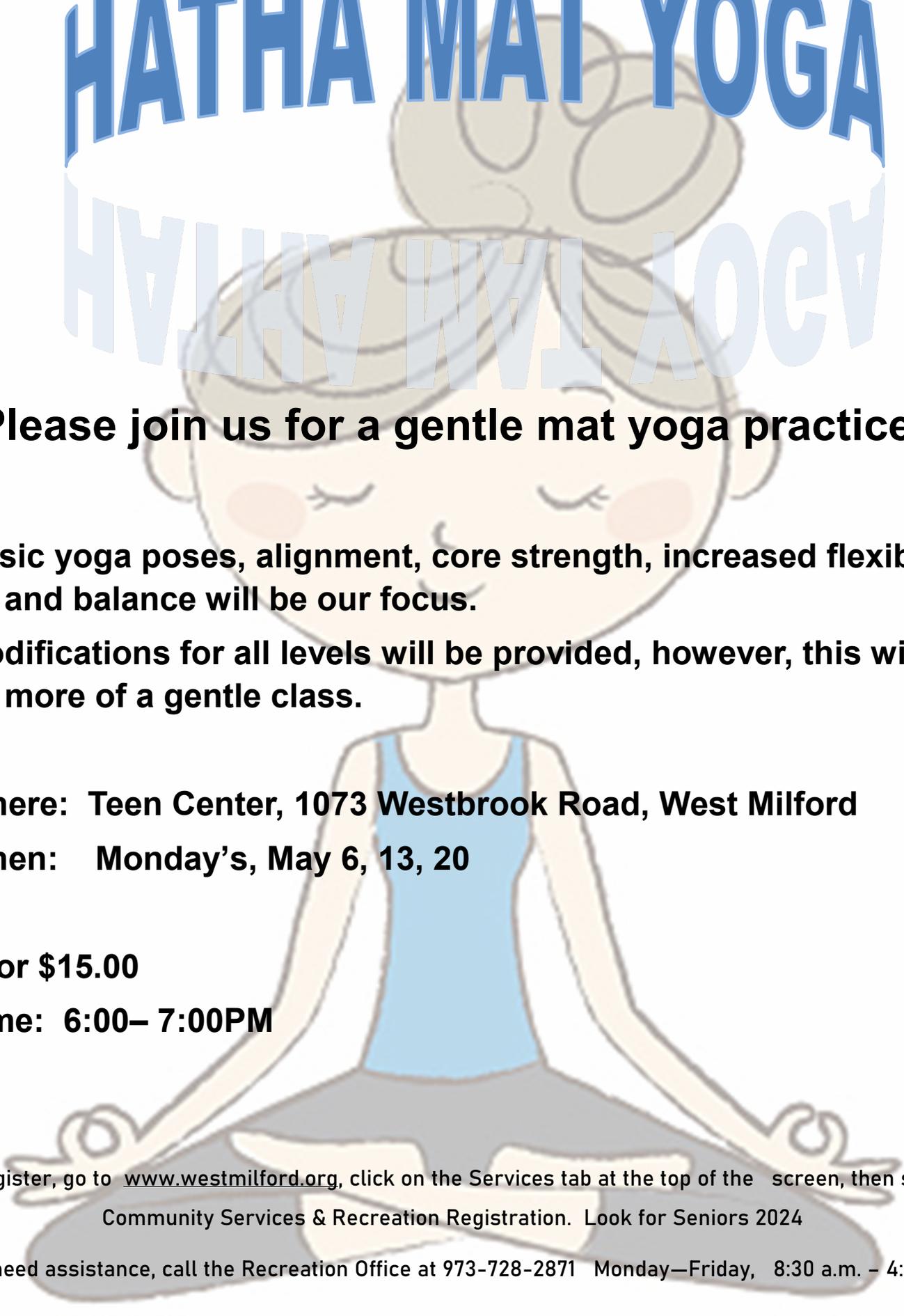


# HATHA MAT YOGA



**Please join us for a gentle mat yoga practice.**

**Basic yoga poses, alignment, core strength, increased flexibility and balance will be our focus.**

**Modifications for all levels will be provided, however, this will be more of a gentle class.**

**Where: Teen Center, 1073 Westbrook Road, West Milford**

**When: Monday's, May 6, 13, 20**

**3 for \$15.00**

**Time: 6:00– 7:00PM**

To register, go to [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2024

If you need assistance, call the Recreation Office at 973-728-2871 Monday–Friday, 8:30 a.m. – 4:30 p.m.