

HATHA MAT YOGA

A faint, stylized illustration of a woman with blonde hair in a bun, wearing a blue tank top and grey leggings, sitting in a yoga pose (Padmasana) with her hands in a prayer position (Anjali Mudra) at her knees. The illustration is centered in the background.

****NEW NIGHT****
Lauren Hendon

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: Thursday's, March 16, 23, 30 & April 6, 13, 27
& May 4, 11, 18, 25**

Fee: 10 for \$50.00

Time: 6:00– 7:00PM

To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2023.

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