

# Hatha Mat Yoga

*Sponsored by West Milford Community Services & Recreation*

***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: West Milford Township Library, upstairs
- \* When: Mondays 6:00-7:00pm
- \* Dates: July 7, 14, 21 & 28
- \* Fee: \$20 for 4 classes

## **AND/OR**

- \* When: Thursdays 6:00-7:00pm
- \* Dates: July 10, 17, 24 & 31 (No class on July 3rd)
- \* Fee: \$20 for 4 classes



To register, go to [westmilford.org](http://westmilford.org), click on the Services tab at the top of the screen, then select CommunityPass – Online Registration. Look for 2025 Senior Activities. If you need assistance, call the Recreation Center office at 973-728-2871, Monday – Friday, 8:30am – 4:30pm.