

# HATHA MAT YOGA



**New Program**

**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: Tuesday's, November 8, 15, 22, & 29 for \$20.00

December 6, 13, 20, 27 for \$20.00

Time: 6:30– 7:25PM

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 2022.

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