

# Senior Mat Yoga

A stylized illustration of a person in a yoga pose, specifically a standing forward bend (Uttanasana). The person is depicted in a light pink color with dark grey clothing. They are standing on a light blue mat. The background features large, soft, yellow and orange circles, suggesting a sunrise or sunset.

Seniors, bring your mat for this gentle, all level flow class for those interested in a mat class who can comfortably move from sitting/lying down to standing throughout the class.

- Deep stretches
- Toning and strengthening work
  - Sitting or lying down position
  - Breath work will be included
- Promotes greater flexibility and stamina

Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic postures before moving onto the more complex poses.

Location: West Milford Recreation Center, gym 1

Dates: Wednesday's, March 15, 22, 29 & April 5, 12, 19, 26

March 8th is a make-up snow date.

Time: 10:00-11:00AM

Price: \$35.00 for 7 classes

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 2023.

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

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