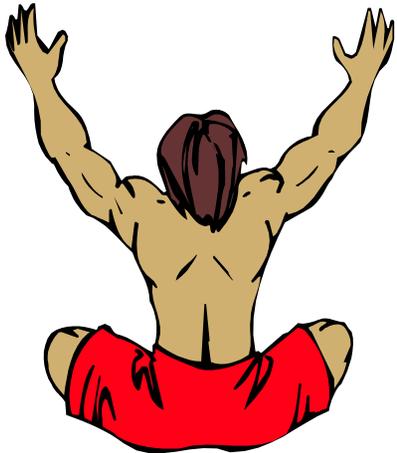


Discover the benefits of  
Anusara Yoga!

Strengthen and tone your body while releasing tension and stress. Techniques will be taught integrating asana (posture), pranayama (breathing), and meditation.

Yoga promotes strength, flexibility, and spirituality.

*Join us for this relaxing and spiritual experience!*



# YOGA

(A.M.)



*Discover  
the  
benefits!*

**Mountainside Recreation Department**  
1385 Route 22 East  
Mountainside, NJ 07092

[www.mountainside-nj.com](http://www.mountainside-nj.com)

(908) 232-0015

**YOGA (A.M.)**  
**November/December 2016**

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

**MONDAY (A.M.)**

\$69 resident  
\$77 non-resident

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give my permission to be photographed, and for the photographs to be used in Recreation Department materials.

\_\_\_\_\_  
Signature of Participant

Amount enclosed \$ \_\_\_\_\_

**November/December 2016**

**YOGA (A.M.)**  
**November/December 2016**



**DATES**

*Monday*

Nov 7, 14, 21, 28

Dec 5, 12, 19

**INSTRUCTOR**

Linda Green (RYT)

**Anusara Yoga for healing, therapy, and alignment**



**PLACE**

Mountainside Borough Hall  
Community Room (2nd Floor)

**TIME**

9:00-10:15 am

**FEES**

\$69 resident  
\$77 non-resident



**WHAT TO WEAR**

Comfortable clothing.

**WHAT TO BRING**

Bring a yoga (sticky) mat and a small blanket, as well as an empty stomach.

**DECORUM**

Yoga is taught in a quiet space.  
Please silence all cell phones.

**PRE-REGISTRATION IS REQUIRED!**  
**ENROLLMENT IS LIMITED!**

Please return registration form with a check payable to the **Mountainside Recreation Department** to:

Mountainside Recreation Department  
1385 Route 22 East  
Mountainside, NJ 07092

Any questions? Call (908) 232-0015  
or visit [www.mountainside-nj](http://www.mountainside-nj)