

Discover the benefits of
Yoga for Health by
Linda Green

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

FOR HEALTH
by
Linda Green

Active Adults
(ages 55+)



Discover
the
benefits!

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

www.mountainside-nj.com

(908) 232-0015

YOGA FOR HEALTH
Active Adults (ages 55 +)
March/April 2013

Name _____

Address _____

Home Phone _____

Cell Phone _____

Email _____

Emergency contact _____

Phone # _____

MONDAY Mornings

\$57 resident

\$64 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 \$ _____

March/April 2013

YOGA FOR HEALTH
Active Adults (ages 55+)
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DATES

Monday

March 4, 11, 18, 25

April 1, 8, 15, 22, 29

INSTRUCTOR

Linda Green

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

PLACE

Mountainside Borough Hall
Community Room (2nd Floor)

TIME

10:30 am-11:15am

FEES

\$57 resident

\$64 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:

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1385 Route 22 East
Mountainside, NJ 07092

Any questions? Call (908) 232-0015
or visit www.mountainside-nj.com