

YOGGA



INSTRUCTIONAL YOGA & MEDITATION CLASSES

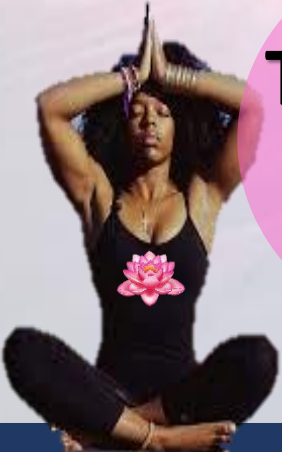
Improve your Overall Health and Wellness
by joining our 2019 Yoga Program Designed for
Newark Residents of All Levels!
Beginners are Welcome!

9-week Hatha –based practice incorporating breath work (Pranayama) extend postural holds, spinal work & relaxation.

- *Physical Vitality*
- *Mental Focus*
- *Concentration*
- *Deep Relaxation*

11:30am - 12:30pm
TUESDAYS & THURSDAYS

Sharpe James/Kenneth A Gibson
Recreation & Aquatic Center
226 Rome Street
Newark, NJ 07105 (973) 733-3707





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