

# Manalapan Parks & Recreation Adult Yoga Program



Yoga helps to bring balance and calm to our hectic lives through body awareness (postures) and techniques such as breathing and relaxation.

**New OUTDOOR session beginning  
Week of July 20!**  
(no program 8/1 & 8/4)  
**Tuesdays, 7:00-8:00 p.m.**  
**OR**  
**Saturdays 9:30– 10:30a.m.**  
**Open to ages 16 and older**



**Fee for the 6 week session is \$55.00**

Class instructed by Marcie Stillman

Held OUTDOORS in the Manalapan Recreation Center  
Across from the Manalapan Municipal Building, 120 Rt. 522

Participants should bring a towel, water and a yoga mat.

There is a minimum of 6/ maximum of 10 per class.

Registration can be done online at <https://register.communitypass.net/Manalapan>

or to download a registration form go to [www.mtnj.org](http://www.mtnj.org)

Mail registration to: 120 Route 522, Manalapan

**OR** drop off registration at the Manalapan Parks and Recreation office,  
93 Freehold Road (drop box located at front door)

**All programs are non-refundable.**