

# 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 session beginning  
October 7!  
Mondays, 7:00-8:00 p.m.  
Open to ages 16 and older**



**Fee for the 8 week session is \$70.00**

Class instructed by Marcie Stillman

Held at the Manalapan Recreation Center's Kuschick Pavilion

120 Route 522, Manalapan

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** register in person at the Manalapan Parks and Recreation office,  
93 Freehold Road

**All programs are non-refundable.**