



# Manalapan Parks & Recreation Adult and Youth Yoga Programs

Balance and calm your life through body awareness postures, and various breathing and relaxation techniques.

**NEW SESSIONS beginning November 19th!**

## Adult options (ages 16 and older):

### Saturdays, 9:00-10:00 a.m. Morning Yoga

A great way to start your day! Class will open with some calming breathing techniques. A vinyasa (flow) will follow which will help to alleviate tightness and improve cardiovascular strength and flexibility in the body. Each class will close with a quiet relaxation where we will observe the effects of our practice and carry it into other aspects of our lives.



## Youth option (ages 10-15):

### Saturdays, 10:15-11:15 a.m. Yoga for Kids

Yoga is a wonderful way to teach kids how to take care of themselves, both physically as well as emotionally. Yoga helps to keep the body flexible and limber. Yoga teaches discipline, relaxation, self-love and confidence. Children will be taught traditional hatha yoga where breathing techniques will aid them in de-stressing and achieving calm when needed in their lives. Children will move through a series of postures to get their hearts pumping and increase their cardiovascular strength. Each class will close with relaxation where they can notice the benefits of the class and carry what they've learned into their day-to-day lives.

**Fee for each 4 week session is \$45.00-resident/ \$60.00-non-resident**

**Youth participants must be residents of Manalapan.**

**All classes instructed by Leela Nathan**

**All classes meet for 4 weeks**

**Held at the Manalapan Community Center, 114 Route 33 West.**

**NO Class December 10, 2016**

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

*There is a minimum of 6/ maximum of 12 per class.*

**Register online at <https://register.communitypass.net/Manalapan>**

Download a registration form [www.mtnj.org](http://www.mtnj.org)

Mail registration to: 120 Route 522, Manalapan

or Register at Manalapan Parks and Recreation office, 93 Freehold Rd.

**All programs are non-refundable.**

Recreation keeps you fit for life!

*Please visit [WWW.MTNJ.ORG](http://WWW.MTNJ.ORG) and sign up for Manalapan Township Email alerts to receive the latest information about Manalapan Township!*



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