



# Manalapan Parks & Recreation Adult / Teen Yoga Program OUTDOOR

Summer 2021

Session Beginning June 23

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

Adult

Wednesdays, 7:00-8:00 p.m.  
ages 16 and older

New!

Teen Yoga

Wednesdays, 6:00 - 7:00 p.m.  
ages 13 - 17



Fee for the 6-week session is \$50.00

Youth program open to

Manalapan residents only

Class instructed by Marcie Stillman

Held OUTDOORS at the Manalapan Recreation Center

Kuschick Pavilion

(across from the Manalapan Municipal Building, 120 Route 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>

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.**