

Discover the benefits of
Anusara Yoga!

Strengthen and tone your body while releasing tension and stress. Techniques will be taught integrating asana (posture), pranayama (breathing), and meditation.

Yoga promotes strength, flexibility, and spirituality.

Join us for this relaxing and spiritual experience!



Yoga



*Discover
the
benefits!*

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

www.mountainside-nj.com/recreation.htm

(908) 232-0015

YOGA
July/Aug 2010

Name _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

CIRCLE CHOICE BELOW

TUESDAY THURSDAY BOTH DAYS

\$64 res. \$64 res. \$128 res.
\$72 non-res. \$72 non-res. \$144 non-res.

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give my permission to be photographed, and for the photographs to be used in Recreation Department materials.

Signature of Participant

Amount enclosed \$ _____

July/Aug 2010



YOGA
July/Aug 2010

DATES

Tuesday

July 6, 13, 20, 27

August 3, 10, 17, 31

Thursday

July 8, 15, 22, 29

August 5, 12, 19

September 2

INSTRUCTOR

Linda Green

Anusara Yoga for healing, therapy, and alignment

PLACE

Mountainside Borough Hall
Community Room (2nd Floor)

TIME

7:00-8:00 pm

FEES

Tuesday:

\$64 resident
\$72 non-resident

Thursday:

\$64 resident
\$72 non-resident

Both days:

\$128 resident
\$144 non-resident



WHAT TO WEAR

Comfortable clothing.

WHAT TO BRING

Bring a yoga (sticky) mat and a small blanket, as well as an empty stomach.

DECORUM

Yoga is taught in a quiet space.
Please silence all cell phones.

PRE-REGISTRATION IS REQUIRED!
ENROLLMENT IS LIMITED!

Please return registration form with a check payable to the **Mountainside Recreation Department** to:

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

Any questions? Call (908) 232-0015
or visit www.mountainside-nj.com/recreation.htm.