

YOGA AND YOU

Learn to relax and gain inner strength through the efforts of yoga. Yoga promotes balance, strength, flexibility and relaxation through various postures and breathing techniques.

This 6-week program will be held under the direction of Valerie Maugeri
Certified Yoga Teacher



Thursdays: 6:30 P.M- 7:30 P.M
November 10 - December 22
(No Class November 24)

Cost: \$55 Residents / \$65 Non-Residents
Location: Municipal Building-
Lower Level/Middle Room

Register on Community Pass under Fall Programs:

<https://register.communitypass.net/wall>

Wall Recreation - 2700 Allaire Road - Wall Township
Fee is non-refundable unless program is cancelled by the
Recreation Department

Email questions, comments or concerns to
lwehner@townshipofwall.com

