

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



Thursdays: 6:30P.M- 7:30 P.M
March 2 - April 20

Cost: \$75 Residents / \$85 Non-Residents
**Location: Municipal Building-
Lower Level/Middle Room**

Register on Community Pass under 2023 Spring 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

