

Wall Recreation Department Presents:

Empowered Living, a Yoga Series for Children 8-12

Jennifer Eisenman's class and workshops are always infused with love, kindness, compassion, empathy, and FUN! This yoga series will focus on what CONFIDENCE and EMPOWERMENT FEEL like in the body, through yoga poses and other mindfulness activities.



For boys and girls age 8-12

WHEN? Wednesdays / Jan 16 - February 20

WHERE? Lower level of Municipal Building —Middle Room

TIME? 4:30PM—5:30PM

FEE? \$90 for residents
\$100 for non-residents



Equipment Needed: Exercise mat

To Register Please go to <https://register.communitypass.net/wall>

**If paying by Check please make checks payable to:
Wall Recreation—2700 Allaire Rd—Wall, NJ 07719 /
732-449-8444, ext 2251**

*Fee is non-refundable unless program is cancelled by
the Recreation Department.*

