

Wall
Recreation
Presents:

732-449-8444 ext 251
www.wallnj.com

YOGA FOR SENIORS



We invite all seniors to join us for a wonderful Yoga program designed strictly for you! This class will help you in so many ways, other than feeling relaxed and at peace with yourself, you will feel rejuvenated and recharged to start your day! We will be working on various simple activities which include chair exercises, stretching, relaxation movements and much more! No matter what age you are or what physical ability you have, you will be more than capable to participate in this class & most of all, have fun! So come on out and join Nationally Certified Senior Yoga Instructor Patty Padma Canning for a wonderful class. Patty is also a 200 hour Yoga Alliance Registered Yoga Instructor, Certified Meditation Instructor & a Certified Silver Age Yoga Instructor.

WHEN Thursdays January 24-February 26, 2008

WHERE Wall Municipal Building Community Room

TIME 9:30-10:30am

FEE Only \$5.00!!!

DEADLINE Thursday January 17, 2008

Recommended Clothing:
Sneakers, light & loose clothing



Please mail all registration forms to:
Wall Recreation Department-2700 Allaire Rd Wall, NJ 07719

Cut here-----

Senior Yoga Jan 24-Feb 26 \$5.00 pp

Name _____

Address _____ ZIP _____

Phone _____

Date Paid _____ Check# _____ Cash _____