

# Vinyasa Flow Yoga

Connecting movement with breath. An eclectic mixture of physical postures, breath, sound and concentration. Instructor will guide participants through a flowing class of postures that will both challenge and inspire.

*\*Please bring a sticky mat and water. Wear loose, comfortable clothing.*



## Early Winter Session 2016

November 12<sup>th</sup> - December 21<sup>st</sup> (6 classes)

Wednesday Evenings 6:00 pm - 7:00pm

And/Or

Saturday Mornings 8:00 am - 9:00 am

Instructor: Justine Stahl

Location: The Cabin, 600 Lippincott Lane

Fees: One Class per week Option \$38/Resident \$43/Non-Resident

Two Classes per week Option \$76/Resident \$81/Non-Resident

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### REGISTER NOW FOR YOGA!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

*Please indicate which day(s): \_\_\_\_\_ Wed PM \_\_\_\_\_ Sat AM*

Early Winter 2016 : Class Code 141

Please make check payable to:

Borough of Haddon Heights  
625 Station Avenue  
Haddon Heights, NJ 08035  
Attn: Programs

Questions? 856-546-2585 or [programcoordinator@haddonhts.com](mailto:programcoordinator@haddonhts.com)