



# 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.*

## SPRING SESSION 2017

April 12<sup>th</sup> - July 1<sup>st</sup> (12 weeks)

Wednesday Evenings 6:00 pm - 7:00pm

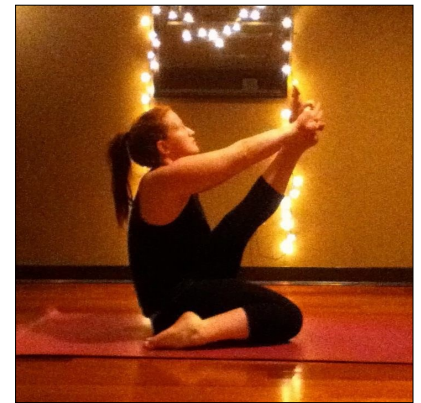
And/Or

Saturday Mornings 8:00 am - 9:00 am

Instructor: Justine Stahl

Location: The Cabin, 600 Lippincott Lane

Fees: One Class per week Option \$75/Resident \$80/Non-Resident  
Two Classes per week Option \$150/Resident \$160/Non-Resident



\*Due to the extended sessions we are offering the option to pay for the *Vinyasa Yoga Program* in two payments. The Minimum Payment Due at Registration is \$45 for one class option and \$85 for the two class option, while the remaining balance would be due on or before May 20<sup>th</sup>.

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### REGISTER NOW FOR YOGA!

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

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

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

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

Please indicate which day(s): \_\_\_\_\_ WED PM \_\_\_\_\_ SAT AM Total Enclosed \_\_\_\_\_

SPRING 2017 - Vinyasa Yoga - 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)