



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.*

SUMMER SESSION 2017

July 12th - September 30th (12 weeks)

Wednesday Evenings 6:00 pm - 7:00pm

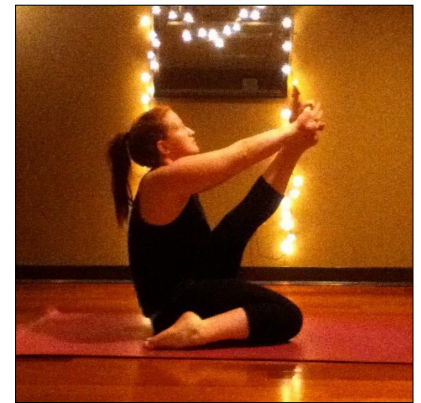
And/Or

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 August 19th.

REGISTER NOW FOR YOGA!

Name: _____

Address: _____

Town, State, Zip: _____

Email: _____ Phone #: _____

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

SUMMER 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